

Shoreline



City of Seal Beach Classes and Activities • Spring 2012



City of Seal Beach

211 8th Street, Seal Beach, CA 90740
(562) 431-2527

CITY COUNCIL

City Council meetings are open to the public and are held at City Hall on the second and fourth Monday of each month at 7 p.m.

Mayor	Michael Levitt, District 5
Mayor Pro Tem	Gary Miller, District 4
Council Member	Ellery Deaton, District 1
Council Member	David Sloan, District 2
Council Member	Gordon Shanks, District 3

CITY STAFF

City Manager	Jill Ingram
Assistant City Manager	Sean Crumby
City Clerk	Linda Devine
Chief of Police	Robert Luman
Director of Development Services	Mark Persico
Interim Director of Finance	Shally Lin
Director of Public Works	Sean Crumby
Marine Safety Chief	Joe Bailey

COMMUNITY SERVICES STAFF

Comm. Services Supervisor	Tim Kelsey, ext. 1341
Comm. Services Coordinator	Dana Kukuruda, ext. 1306
Comm. Services Specialist	Marquis Lee, ext. 1307

RECREATION COMMISSIONERS

District 1	Marc Loopesko
District 2	Lauren Sosenko
District 3	Carla Watson
District 4	Schelly Sustarsic
District 5	Graham McAllister

MUNICIPAL MEETINGS

Planning Commission
7:30pm; 1st & 3rd Wednesday per month

Environmental Quality Control Board
6:30pm; Last Wednesday/month

Recreation Commission
6:00pm; 4th Wednesday/month
*January, February, March, April, May, June,
September, October, November*

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HOLIDAY CLOSURES

President's Day – February 20

Memorial Day – May 28

DAYLIGHT SAVINGS

Spring forward on Sunday, March 11

Registration Begins February 21

We welcome non-residents to participate in our programs. Register early to avoid class cancellations. Pre-registration required through the Community Services Department. If your name is not on the roster you may not participate in the class until fees have been paid. See **Page 30** for details.

City News

City of Seal Beach



Spring 2012

A Message from the City Manager's Office

The past year has been one in which the City of Seal Beach has undoubtedly experienced some very significant successes, and most unfortunately, an unprecedented tragedy. Additionally, there has also been a considerable amount of change in the City, and perhaps too often we focus on what is ahead without taking time to reflect upon where we have been. So I'd like to talk about some of the major events of the past year before discussing some of the challenges that lie ahead for Seal Beach in 2012.

As you know, 2011 began with the city welcoming newly-elected Council Member Ellery Deaton to the City Council to represent District 1. Following my selection and appointment as City Manager on July 1st, there have been changes to a few key executive management positions as well. Sean Crumby, our Public Works Director is now serving in a dual role as Assistant City Manager to assist with daily operations and Council and staff support. Robert Luman was appointed as the interim Chief of Police, and Ms. Shally Lin was appointed interim Director of Finance as well. These key leadership positions are all crucial to the success and stability of our city. Finally, 2011 ended with the Council's annual reorganization and its reappointment of Mike Levitt as Mayor, and Gary Miller to serve as Mayor Pro-tem, each for a second consecutive year.

During the continued weakened economy, I am very proud that the City has continued to work hard and move forward. Seal Beach is one of very few extremely fortunate cities in California to be able to move forward with the planned construction of a series of large scale capital improvements during a struggling economy. These projects gave

the City the ability to capitalize on the current competitive market with reduced construction costs, including the paving of numerous streets, reconstruction of alleys, a new water well on Lampson Avenue, rehabilitation of the McGaugh Pool, and the remodeling of the River's End complex. In addition, 2011 was one of the most successful years for our parks and recreation programs and partnering with the Chamber of Commerce for special events. Highlights include the Annual Christmas tree lighting ceremony, which showcased a surprise visit from Santa and 10 tons of snow. And the Annual Holiday Parade was expanded with the largest number of entries in the Parade's history, and for the first time, Pacific Coast Highway was closed at Main Street to increase safety for participants. I cannot imagine a city filled with more holiday spirit than what we experienced in Seal Beach last year!

To no surprise, we have numerous challenges and opportunities for 2012. First and foremost, the State of California has forced redevelopment agencies throughout the State to dissolve as of February 1, 2012. The City Council has been working diligently to meet all of the legal requirements to close the Seal Beach Redevelopment Agency and form a successor agency to protect the City's interests. As a result, Seal Beach is very fortunate to continue to be fiscally conscious and yet continue to provide the same quality level of services and programs to our residents.

Unfortunately, this year the West County Connectors project will continue to impact traffic in the area. The Orange County Transportation Authority is scheduled to complete construction to the Valley View and 7th Street bridges this year.

We then anticipate that the Seal Beach Boulevard bridge may be under construction before the end of the year and appreciate your continued patience with traffic delays.

In February we will be presenting a mid-year review on the Fiscal Year 2011-12 annual budget to the City Council. The Council will also receive a comprehensive review of the Seal Beach Jail and Seal Beach Tennis Center. We have been working very hard to increase revenues and efficiencies and decrease expenses to make both facilities operate at cost neutral. The mid-year budget review will then lay the framework as we begin to work with the City Council on their priorities for our community for Fiscal Year 2012-13. I strongly encourage residents and the business community to participate in the budget development process during our budget workshops in May, as the City Council undoubtedly welcomes your input and participation.

In closing, I would like to thank our hard working City Council, dedicated professional staff, and passionate residents and business community, for continuing to work together to make a positive difference in Seal Beach!



City Manager Jill R. Ingram

*Jill R. Ingram
City Manager*



Interested in a career in law enforcement?

The Seal Beach Police Department is looking for young men and women to participate in its Police Explorer program. Applicants must be from age 14 to 18 and have a 2.0 or better grade point average. Police Explorers learn about law enforcement procedures, go on ride-alongs with Police Officers, and other activities. Meetings are every Friday from 4:30 p.m. to 5:30 p.m. For more information contact the Explorer Advisor at 562-799-4100, ext. 1136.



RadKIDS Empowers Children, Teaches Core Safety Values

The Seal Beach Police Department is proud to announce the offering of RadKIDS® classes beginning this winter.

Instructed by Seal Beach police officers, RadKIDS® strengthens family, encourages physical fitness, and teaches core safety values to live by through its program. Fun, activity-based programs include lecture, safety drills, muscle memory exercises and dynamic simulation.

Through RadKIDS training, children become empowered and learn to replace fear, confusion and panic of dangerous situations with confidence, personal safety skills and self-esteem.

For more information, contact Sergeant Steve Bowles, Seal Beach Police Department, at 562-799-4100 Ext. 1160 or e-mail SBowles@sealbeachca.gov.

Neighbor 4 Neighbor



Welcome to Neighbor 4 Neighbor (N4N), a pilot program by the Seal Beach Police Department for residents of Seal Beach. Ensuring the ongoing quality of life our city is famous for, requires involvement from each of us, and getting to know all our neighbors is the important first step to maintaining a strong, safe and resilient community. Neighbor 4 Neighbor offers residents and businesses the resources to make positive changes in our neighborhoods. Based on the "Neighborhood Watch" model, neighbors band together, communicate, share and prepare for disasters as well as monitor the quality of life issues that affect our community. Whether it's during a time of emergency or acting as the eyes and ears of the Seal Beach Police Department, your Neighbor will be there to help!

To become involved in Neighbor 4 Neighbor or to start a Neighbor 4 Neighbor program on your block and in your neighborhood, please contact Sergeant Steve Bowles at SBowles@sealbeachca.gov or 562.799.4100 Ext 1160.

RadKIDS is a 10 hour/5 Day curriculum designed to teach kids about the following topics:

- Home, School, Vehicle and Out and About Safety
- Internet Safety
- RadKIDS Bullying Prevention Program
- Good-Bad-Uncomfortable Touch
- Stranger Tricks (including Physical Defense against Abduction)
- Self-realization of personal power
- Realistic Defense Against Abduction (Your kids will learn defensive techniques to help escape abduction or physical harm)

You're Gonna Love Our Summer Camps!

See **Pages 22-27** for additional information.

Public Improvement Project Updates

The City of Seal Beach Public Works Department is excited to tell you about several projects that are nearing completion or currently in construction.



Seal Beach Boulevard Widening Project

This City project is in coordination with the West County Connector Project and the Seal Beach Boulevard Bridge Widening. The City is currently in construction to widen the street as you approach the bridge in each direction. This improvement will tie into the West County Connector Project when completed. In the end, you will have three through lanes in each direction. The City plans on completing our portion of the project in March 2012, while the West County Connector Project will be completed in summer 2014. If you would like further information please contact Michael Ho, City Engineer, City of Seal Beach at (562) 431-2527 x1322.



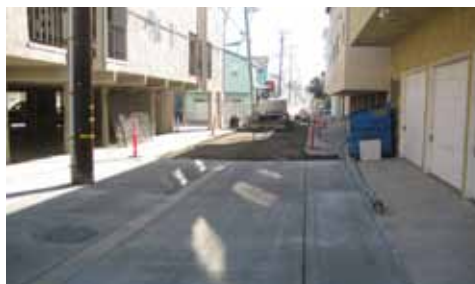
College Park East Sewer Improvement Project

The City is nearing completion of a project intended to replace old, worn sewer pipeline within College Park East with new, larger sewer pipes. The Contractor has installed all the sewer pipes and is currently working on finishing sewer manhole upgrades and street repaving. Lampson, Basswood, Aster and Ironwood have been resurfaced while Elder will be paved prior to spring.



Seal Beach Boulevard Median and Paving Project

This project is located on Seal Beach Boulevard from Bolsa Avenue to PCH. The City received over \$800,000 in grant funds to construct new landscape medians with irrigation and repave the street. This project has been successfully completed and has given this stretch of Seal Beach Boulevard a new fresh look.



Ocean Avenue Alley Utility Project

The alley north of Ocean Avenue between 14th Street to Main Street has water and sewer utility lines that have deteriorated over the years. After several years of ongoing maintenance and repair, replacing the utility lines is more cost effective. The City is currently under construction replacing sewer, waterlines, and a new concrete alley. This project is estimated to be completed spring of 2012.



River's End Staging Area and San Gabriel River Bike Trail Enhancement Plan Project

The City is currently under construction on a project designed to improve and upgrade the First Street parking lot along with the San Gabriel River Trail from the beach up towards the 405 Freeway. Currently the City's contractor has begun upgrades on one-half of the parking lot (once half is complete, the contractor will open that half of the parking lot and begin construction on the second half). The upgrades include a new windsurfer park, informational kiosks for beach and trail users, new lighting, irrigation, plants, drainage and a redesigned parking lot for safer access and improved parking. Bike trail paving is expected to begin in March and be completed by the beginning of summer of 2012.

The above projects are just a few of the things Public Works Department handles. To learn more about the Department, please contact (562) 431-2527 x1317 or visit us at <http://sealbeachca.gov/departments/works/cip>

Taking Care of Your Home and the Environment at the same time

Paint, wood, concrete and dirt might be used to improve your home, but they will not improve the environment for marine life. Home improvement projects, if not managed properly, may cause damage to our waterways! Whether you hire a contractor or work on the house yourself, it is important to follow these simple tips while renovating, remodeling, or improving your home:

Stormwater Pollution Prevention for Home Improvement Projects

General Construction

- Schedule projects for dry weather.
- Keep all construction debris away from the street, gutter and storm drains.
- Store materials under cover with temporary roofs or plastic sheets to eliminate or reduce the chance that materials got carried away by rainfall or runoff to the street or into the storm drain.

Building Materials

- Never hose materials into a street, gutter or storm drain.
- Exposed pile of construction materials should not be stored on the street or sidewalk.
- Minimize waste by ordering only the amount of materials needed to complete the job.
- Do not mix more fresh concrete than is needed for each project.
- Wash concrete mixers and equipment in a designated washout area to prevent wash water going into the street or the storm drain.

Paint

- Buy only the amount of paint needed for the project.
- Place lids on firmly and store paint cans in a dry location away from the elements.
- Brushes and other tools should only be washed in sinks connected to a sanitary sewer.
- Never put wet paint in the trash.
- Dispose of water-based paint by removing the lid and letting it dry first. Large amounts should be taken to a Household Hazardous Waste Collection Center (HHWCC).
- All leftover oil-based paint should be taken to a HHWCC.
- For HHWCC locations and hours, call (714) 834-6752 or visit www.oclandfills.com.

Recycle

- Use a construction and demolition recycling company to recycle materials from your home improvement project, such as lumber, masonry, carpet and drywall, etc.
- For a listing of construction and demolition recycling locations in your area, visit www.ciwmb.ca.gov/recycle.

Spills

- For small spills, clean up immediately by using an absorbent material such as cat litter, then sweep it up and dispose of it in the trash.
- Immediately report spills that have entered the street, gutter or storm drain to the Orange County 24-Hour Water Pollution Problem Reporting Hotline at (714) 567-6363 or visit www.ocwatersheds.com to fill out an incident reporting form.

The City of Seal Beach is working to keep the pollution out of the storm drains and you can help too. This message is brought to you by the City of Seal Beach Public Works Department as part of the Stormwater Pollution Prevention Program. For questions or to report illegal dumping, please call (562) 431-2527 ext. 1328 or visit www.sealbeachca.gov.



Finish the Job – Bring Your Used Oil and Oil Filters to a Recycling Center!

While the used oil recycling rate stays high, used oil filter recycling is comparatively low. In California, more than 20 million filters are purchased by Do-It-Yourselfers (DI-Yers) annually, and less than 10% are recycled.

Used oil filters are recyclable waste consisting of valuable resources. By recycling used oil filters, useful materials such as steel can be recovered from the process. Moreover, used oil filters still contain a good amount of oil. If thrown in the trash, the hazardous waste can contaminate our environment.

Seal Beach currently has two recycling centers where you can take your used oil and filters to be recycled: **Seal Beach Chevron**, 4000 Lampson, Seal Beach, (562) 430-2015; and **Seal Beach Auto Repair**, 301 7th Street Seal Beach, (562) 795-5027.

To recycle your used oil filters, drain the filter for 12 hours to remove most of the used oil. Before you go, check operation hours of the center and make sure that your oil is NOT mixed with contaminants such as antifreeze, solvent or gasoline.

For more information on used oil recycling, please visit our website at <http://www.calrecycle.ca.gov/UsedOil/>. Recycling used oil and filters helps to reduce stormwater pollution and to replace a diminishing natural resource. Residents can also get more information about this program by visiting www.ochalthinfo.com used oil.

Class registration begins February 21, 2012

*Don't forget to register early to avoid class cancellations – See **Page 30** for registration information.*

■ CLUBS & ORGANIZATIONS

American Legion Post #857	Joe Palmer — 562-596-3950
Animal Care Center	562-430-4993
American Youth Soccer (AYSO)	www.ayso159.org
Beach Cities LaCrosse	714-719-6470
CPENA	sealbeachcpena@hotmail.com
Chamber of Commerce	General Info: 562-799-0179 www.sealbeachchamber.org
Food Finders	Arlene Mercer — 562-598-3003
Friends of the Mary Wilson Library	Tom Blackman — 562-431-7415
Girl Scouts	Lynn Gosselin — 562-596-4315
Historical Society Red Car Museum	562-430-1450
International Friendship Assoc.	Rose Wenjen — 562-596-8568
Interval House — Women's Shelter	562-594-9492
League of Women Voters	Marilyn DeWitt — 562-431-7575
Los Al/Seal Beach Football	LosALFNL.com
LOTE Volunteer Organization	Barbara Barton — 562-596-3497
McGaugh School PTA	Isabelle McFadden — 562-596-1199
MOMS Club of Seal Beach	Veronica Vallejo — 562-493-0543 www.momsclubofsb.org
Republican Women's Club	Phyllis Steiner — 714-826-7022
R.O.C.K. Raising Our Celiac Kids	Christie Scales — 562-799-2060
Rotary Club of Seal Beach & Los Alamitos	Patricia Efkenzai — 562-431-9400
Save Our Beach	Kim Masoner — 562-884-6764
Seal Beach Arts & Crafts Faire	Belinda — 562-598-0116
Seal Beach Beauty Pageant	Barbie — 562-431-5679
Seal Beach Lions Club	Scott Newton 562-537-3955
Seal Beach Leo Club	Scott Newton 562-537-3955
Seal Beach Pony Baseball	www.sbpony.com
Seal Beach TV 3 Community Access	562-596-1404
Seal Beach Swim Club	562-430-1092
Seal Beach Volleyball Club	562-430-6671 www.sealbeachvolleyballclub.com
Seal Beach Wildlife Refuge	562-598-1024
The Seal Beachcombers Club	Resident SOCAL Club — 562-243-8987 www.sealbeachcombers.com
Special Olympics So California-OC	Jimmy Wong — 714-564-8374
Trees for Seal Beach	714-235-0880
Woman's Club of Seal Beach	Twyla Karkut — 562-431-7290

■ TRASH

Consolidated	(800) 299-4898 www.consolidateddisposalservice.com
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■ STREET SWEEPING

R.F. Dickson	(800) 573-3222
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■ SEAL BEACH WATER BILLING

Water Billing	(562) 431-2527 x1309
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■ CITY & GOVERNMENT OFFICES

Seal Beach City Hall	562-431-2527
Community Services Office	General Info: 562-431-2527, ext 1344
Los Al Unified School District	562-799-4700
McGaugh School Office	562-799-4560
Police Dept, non-emergency	562-799-4100
SB Lifeguard Headquarters	562-431-2527, ext 1202
SB Com Pool @ McGaugh School	562-430-9612
Community Senior Serv	Senior lunch program: 562-430-6079
Senior Transportation (SB ONLY)	562-439-3699
Sunset Beach Lifeguards	949-499-3312
Main Post Office (Westminster)	562-596-5546

■ RECREATION & COMMUNITY SERVICES

Los Alamitos Recreation	562-430-1073
Los Alamitos Youth Center	562-493-4043
Rossmoor Comm. Services Dist	562-430-3707

■ LIBRARIES

Leisure World Library	562-431-1611
Mary Wilson Library	562-431-3584
Rossmoor/Los Alamitos Library	562-430-1048

■ PRESCHOOL

Growing Tree	562-430-2434
Sun N Fun	562-430-4384
Seal Beach Playgroup	562-594-0066

■ LOCAL NEWS

Seal Beach TV 3	562-596-1404 Community Access
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■ COMMUNITY SERVICES DEPARTMENT

Hours of Operation	Monday-Friday; 8am - 5pm Closed Daily 12-1pm
Address	211 8th Street, Seal Beach, CA 90740 (562) 431-2527, Ext. 1307
Ext. 1307	— Adult Sports, General Information & Classes
Ext. 1306	— Brochure/Classes, Instructors, Facility/Park Rentals and Community Gardens
Ext. 1341	— Athletic Fields, Aquatics, Swim Lessons and Gym Reservations



City of Seal Beach- Community Services



SealBeachRec

Through April 9

Free Tax Assistance

Monday Mornings Only!

NEW LOCATION:

Fire Station #48

Community Room 3131

N. Gate Road.



Free assistance and preparation for taxpayers with low- and middle-income, with special attention to those 60 and older in preparing State and Federal Income Tax returns. Appointments will be taken on a first-come, first-served basis. You will meet your tax counselor at Fire Station #48 Community Room. Walk-ins will be accepted based on availability. Call for your free appointment and paperwork today! (562) 431-2527 x1307.

March 24

2012 Be More Healthy Expo

9 a.m.-4 p.m.

Seal Beach Pier



Sponsored by the Seal Beach Chamber of Commerce, City of Seal Beach and the Seal Beach Lions Club, the 5th Annual Health Fair features health screenings, product samples, and free giveaways. For more information call (562) 431-2527 ext.1341.



April 21

Run Seal Beach

On your mark, get set, go! Get ready for the 38th Annual Seal Beach 10K Run. More than 5,000 runners and walkers crossed the finish line last year and it was the most successful to date! Visit www.runsealbeach.com to register for the race or volunteer to help! Join the whole community for this wonderful, healthy, fun event!

April 28

Seal Beach Classic Car Show

10 a.m.-3 p.m. • Main St.

FREE spectator admission.

Register online at www.sealbeachchamber.org



April 19-21

30th Annual Pageant of the Arts Celebration

McGaugh Auditorium • 1698 Bolsa Ave.

Thursday, April 19 • 7 p.m.

Friday, April 20 • 7 p.m.

Saturday, April 21 • 7 p.m.

Cost: \$5 per person

Come celebrate 30 years of the Pageant at McGaugh! Former Pageant performers are invited to join in the Henri Rousseau dance on Saturday night after attending an 11am morning rehearsal in the gymnasium. Everyone is also invited to the special 30th Gala event "Saturday Afternoon at La Grande McGaugh", based on Georges Seurat's painting "Sunday Afternoon at La Grande Jatte" which was the Pageant's first painting performed in 1982. Make a sidewalk painting, view a 30-year Pageant compilation video, take photos with the sets of past paintings, and more! For more information please contact the Pageant Director, Sheri Kutz at (562) 799-4560 x: 79221 or skutz@losal.org.

Ongoing

Save our Beach

3rd Saturday of each month

9 a.m.-12 p.m. • 8th Street Beach

For more information call Kim Masoner at (562) 884-6764.



Can you find the Lucky Leprechaun's pot of gold?

Present this spring 2012 issue of Shoreline to the Community Services Department with the seven pots of gold and one Leprechaun highlighted and receive \$2 off your class registration! One discount per household, valid for all spring 2012 classes! Good Luck!

Amiguitos

Priscilla Monserrate-Sander
Los Alamitos Community Center-Craft Room
10911 Oak Street

Vamos a jugar! Let's play! Toddlers with all levels of exposure will be immersed in the Spanish language via a unique style of storytelling, puppetry, dance, music, and movement. The seasons provide the context for relevant and practical learning experiences. Everyone takes home lyrics and resources to continue the fun at home. Parent participation is required. Additional parking available in Idearc parking lot (Katella & Civic Center Dr.). \$25 supply fee payable to instructor, includes three illustrated story books (w/ English translations), lyrics, and music/ storytelling CD to take home. For more information visit www.Bamboleokids.com No Class 4/9 & 5/28

211072-01	6 weeks	Mon	3/12-4/23	10-10:50am	2-5 yrs	\$68
211072-02	6 weeks	Mon	5/7-6/18	10-10:50am	2-5 yrs	\$68

Baby Sign Language

Shannon Zeeman
Los Alamitos Community Center-Activity Room #1
10911 Oak Street

Want to know what your baby is thinking? In this class, parent & baby will learn to communicate before baby can speak. You will learn hand movements using basic sign language. You and your baby will learn words such as please, thank you, more, Mom, Dad & so on. All of these words will let you know their wants & feelings. \$3 supply fee payable to instructor at first class.

211071-01	3 weeks	Mon	4/30-5/14	9:45-10:30am	Infant-2 yrs	\$36
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BounceU – Create & Bounce Spring Break Camp

BounceU Staff
Bounce U
5445 Oceanus Dr.

This program gives children a daily balance of playtime and artistic expression- a perfect tandem for any growing imagination. In addition to bouncing & exploring their inner artists, kids enjoy an array of games and activities. \$20 material fee payable to Bounce U at first day of camp.

213140-01	3 days	Mon-Wed	4/9-4/11	9am-2pm	4-10 yrs	\$129
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Music & Movement

Danuta Klimczak
Seal Beach Senior Center
707 Electric Ave.

Designed to provide a positive, challenging, learning environment for children to blossom musically and personally. Children will participate in musical games, singing, dancing, listening, and playing instruments. Program combines elements of Orff Schulwerk and Kodaly methods with traditional philosophies of musical education. No Class 4/6

211061-01	5 weeks	Fri	3/23-4/27	10-10:45am	2 yrs	\$55
211061-02	5 weeks	Fri	3/23-4/27	11-11:45am	3-4 yrs	\$55
211061-03	5 weeks	Fri	5/11-6/8	10-10:45am	2 yrs	\$55
211061-04	5 weeks	Fri	5/11-6/8	11-11:45am	3-4 yrs	\$55

Toddler Express

Reina Rivera
Los Alamitos Community Center-Craft Room
10911 Oak Street

All aboard the fast track to learning in this center based mini-preschool! Join us for activities such as sensory stations, creative arts and crafts, learning games and bringing storybooks to life through puppetry. Children will learn socialization skills as they explore activities developing their motor and verbal skills all in a positive and nurturing atmosphere. New themes weekly for year-round fun! Parents can share ideas and develop a support group. Parent participation is required. \$5 cash supply fee payable to instructor. No Class 4/11

211073-01	5 weeks	Wed	4/4-5/9	9:30-10:15am	1-3 yrs	\$58
211073-02	5 weeks	Wed	5/16-6/13	9:30-10:15am	1-3 yrs	\$58

Lil Explorers – I Spy Spring

Reina Rivera
Los Alamitos Community Center-Craft Room
10911 Oak Street

Let all the Curious Georges and Georgette's come on over to explore and discover unique sensory activities! Come develop your child's intelligence through hands-on interaction with nature and fun environmental concepts. Classes are enhanced with music and movement, puppetry, learning games, crafts and unique story readings. Parent participation is required. \$10 cash supply fee payable to instructor. No Class 4/11

211074-01	5 weeks	Wed	4/4-5/9	10:30-11:15am	1-3 yrs	\$58
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I Speak Chinese for Preschoolers

OC First Language Academy Staff
Los Alamitos Community Center-Craft Room
10911 Oak Street

Similar to learning native language, through story-telling and re-enactment, children apply words learned to real-life situations and start speaking Chinese immediately. Class incorporates fun and culturally enriching songs, rhymes, games, and craft projects. Language is best acquired by experiencing through it. Parent participation is required. Please do not bring unregistered siblings. \$10 cash supply fee payable to instructor.

211068-01	6 weeks	Fri	3/16-4/20	9:30-10:15am	3-5 yrs	\$77
211068-02	6 weeks	Fri	5/4-6/8	9:30-10:15am	3-5 yrs	\$77

I Speak Chinese Too for Preschoolers

OC First Language Academy Staff
Los Alamitos Community Center-Craft Room, 10911 Oak Street

Class is for those continuing with the series. Children will learn to speak better Chinese through new stories, songs, rhymes, and games while incorporating previous material. The spiral-up approach helps language retention. Class empowers children with knowledge and confidence to explore Chinese language and culture. Parent participation is required. Please do not bring unregistered siblings. \$10 cash supply fee payable to instructor.

211068-03	6 weeks	Fri	3/16-4/20	10:30-11:15am	3-5 yrs	\$77
211068-04	6 weeks	Fri	5/4-6/8	10:30-11:15am	3-5 yrs	\$77

Recreation Scholarship Program

See Page 17 for more details

Summer Camps Preview

See Page 22 for a list of classes

Mini-Gym

Anne Pennypacker

Marina Community Center-Large Room, 151 Marina Dr.

An introduction to gymnastic fundamentals, developing motor skills to serve as a prelude for future tumblers! A creative first class to develop strength and coordination in little gymnasts. Parent participation required. \$10 material fee due to instructor first class.

211031-01 7 weeks Tue 4/24-6/5 3-3:30pm 2.5-4 yrs \$62

Pre-School Gymnastics

Anne Pennypacker

Marina Community Center-Large Room, 151 Marina Dr.

Class is structured to introduce floor work such as bridge, cartwheels, frogstands and more. Gymnasts will also improve strength, balance and skills in this fun and fast paced class! \$10 material fee due to instructor first class.

211032-01 7 weeks Tue 4/24-6/5 3:30-4pm 4-6 yrs \$62

Gymnastics Level 1

Anne Pennypacker

Marina Community Center-Large Room, 151 Marina Dr.

A focused gymnastic class, working on developing strength for more advanced skills. Gymnasts will learn the proper and safe way to execute tumbling, while increasing confidence and coordination. A wonderful class for athletes and dancers as well! \$10 material fee due to instructor first class.

211033-01 7 weeks Tue 4/24-6/5 4-4:45pm 6-10 yrs \$64

Pre Ballet & Tap

Anne Pennypacker

Marina Community Center-Large Room, 151 Marina Dr.

Come learn Dance FUNdamentals in a creative first class for dancers! A great introduction to basic ballet and tap steps as well as improving social and motor skills. At session's end, we'll put on a show! Ballet and tap shoes required.

212024-01 7 weeks Wed 5/2-6/13 2-2:30pm 3-4 yrs \$62

Tiny Tappers!

Anne Pennypacker

Marina Community Center-Large Room, 151 Marina Dr.

Noise! Noise! Noise! It's time for happy feet! All little dancers love their tap shoes, and this class will focus on learning the fun rhythms & steps of tap.

212026-01 7 weeks Wed 5/2-6/13 2:30-3pm 3-5 yrs \$62

Ballet/Tap Combo

Anne Pennypacker

Marina Community Center-Large Room, 151 Marina Dr.

This class introduces students to basic ballet warm-up, positions, technique, leaps and turns and classic tap steps such as shuffle ball changes. A great class for dancers of all levels! At session's end we'll put on a show. Ballet and tap shoes required.

222021-01 7 weeks Wed 5/2-6/13 3-3:45pm 5-8 yrs \$64

Musical Theatre Stars

Anne Pennypacker

Marina Community Center-Large Room, 151 Marina Dr.

Calling all entertainers! Casting now... Needed: creative students interested in exploring dance, acting, music, and song! Join Miss Anne and guest instructors in performing pieces from various favorite musicals. Students will learn musical theatre dance styles, while learning to connect acting and the emotions of the song to the choreography of the piece. Jazz or ballet shoes encouraged for class.

222024-01 7 weeks Wed 5/2-6/13 3:45-4:30pm 5-12 yrs \$64

Baby Ballet

Anne Pennypacker

Marina Community Center-Large Room, 151 Marina Dr.

Come dance and play as "Mommy and Me" in Miss Anne's Baby Ballet. We'll dance with flowers, sing songs, and play instruments in this fun first class for future dancers. Stay for Tenny Tappers (tap shoes required). Will do a separate recital number).

242032-01 7 weeks Thu 4/26-6/7 9-9:30am 2-4 yrs \$62

Tenny Tappers

242031-01 7 weeks Thu 4/26-6/7 9:35-9:55am 2-4 yrs \$42

Pretty Princess Pre-Ballet

Anne Pennypacker

Marina Community Center-Large Room, 151 Marina Dr.

Calling all Princesses, Fairies and little Ballerinas! Join in the fun by dancing magical ballet adventures. Little dancers can pretend to be the beautiful Swan Princess, Fairy Queen, Sleeping Beauty and more. Learn basic ballet positions and steps in a fun creative environment!

242033-01 7 weeks Thu 4/26-6/7 3-3:45pm 4-7 yrs \$64

Totally Tap

Anne Pennypacker

Marina Community Center-Large Room, 151 Marina Dr.

An in depth tap class, exploring the various styles & steps of tap. Please make sure tap shoes fit snug enough as dancers will be on toes, and cannot properly learn if heel slips out.

211034-01 7 weeks Thu 4/26-6/7 3:45-4:30pm 6-12 yrs \$64

Hip Hop

Anne Pennypacker

Marina Community Center-Large Room, 151 Marina Dr.

A fast paced class to get dancers on their feet and groovin. Learn street style dance and funky hip hop combinations to upbeat (and appropriate) music. Explore basic breaking, popping and locking and more! At session's end, we'll put on a show. Tennis shoes or Jazz shoes required.

242034-01 7 weeks Thu 4/26-6/7 4:30-5:15pm 5-12 yrs \$64

Petit Ballerina

Anne Pennypacker

Marina Community Center-Large Room, 151 Marina Dr.

"Bonjour, Little Dancers!" Join Miss Anne in a magical adventure into the world of ballet: plies, sautes, chasses, and more. Little ballerinas will be fairytale dancers as they learn the importance of pointing their toes! "La danse de la joie!"

211030-01 7 weeks Thu 4/26-6/7 5:15-5:45pm 2.5-4 yrs \$62

Miss Anne's Pizza Party

Anne Pennypacker

\$10/\$5 each additional sibling

North Seal Beach Center, 3333 Saint Cloud Dr.

Join Miss Anne in an evening of games, dancing, storytelling and pizza! Pre-registration required. \$5 material fee payable to instructor-cash only.

242037-01	1 day	Sat	6/9	5-7pm	4+ yrs	\$10
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Spring Dance Recital

Tuesday, June 12, 2012 from 6-8:30pm

McGaugh Auditorium, 1698 Bolsa Ave

211029-01						\$10
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Kiddie Karate

Gary Pitts

Los Alamitos Community Center-Activity Room #1, 10911 Oak Street

Learn basic techniques and principles emphasizing the three "C's": coordination, confidence and concentration. Wear loose clothing. Parents remain outside during class. Meeting with the instructor can be done after class.

211050-01	4 weeks	Tue	5/1-5/22	5:30-6pm	3-5 yrs	\$30
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Karate Beg/Adv

Gary Pitts

Los Alamitos Community Center-Activity Room #1, 10911 Oak Street

Continue to learn the art of self-defense. Improve coordination, confidence, respect, discipline and sportsmanship. Progress from beginner to Black Belt under Masters 2000 Hall of Fame Inductee Gary Pitts in the Japan Federation Style, "Shito- Ryu". Parents should remain outside classroom. Wear loose clothing.

222051-01	4 weeks	Tue	5/1-5/22	6:05-6:50pm	6+ yrs	\$35
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Jump Start Youth Basketball Clinic

Jerrit Crosby

Marina Park- Basketball Court, 151 Marina Dr.

Participants will learn basic & advanced fundamentals of basketball while learning how to play in a team environment. These skills include shooting, passing, ball handling, transition offense, defense, and rebounding. Optional \$5 t-shirt and water bottle fee payable to instructor at first class. No Class 4/7 & 5/26

223993-01	6 weeks	Sat	3/17-4/28	11am-12pm	10-13 yrs	\$95
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223993-02	5 weeks	Sat	5/5-6/9	11am-12pm	10-13 yrs	\$80
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Kidz Love Soccer

Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment. A typical session experience includes age appropriate activities: skill demonstrations, fun games, and instructional scrimmages. Young soccer enthusiasts experience soccer fun in a safe, non-competitive environment. Kidz Love Soccer..."Where the score is always FUN to FUN!" Class status hotline: (888) 372-5803.

Mommy/Daddy & Me Soccer

Kidz Love Soccer Staff

Heather Park, Heather St @ Lampson Ave

Introduce yourself and your toddler to the "World's Most Popular Game"! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer; parents are part of the action, not watching from the sidelines!

223995-01	7 weeks	Tue	4/17-5/29	3:30-4pm	2-3.5 yrs	\$78
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Tot Soccer

Kidz Love Soccer

Heather Park, Heather St @ Lampson Ave

Little tykes will enjoy running and kicking just like big kids! Encourages large motor skill development through fun soccer games and introduces small children to the group setting. Shin guards are required after the first meeting.

223996-01	7 weeks	Tue	4/17-5/29	4:10-4:40pm	3.5-4 yrs	\$78
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Pre Soccer

Kidz Love Soccer

Heather Park, Heather St @ Lampson Ave

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards are required after the first meeting.

223997-01	7 weeks	Tue	4/17-5/29	4:40-5:15pm	4-5 yrs	\$78
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Soccer 1

Kidz Love Soccer

Heather Park, Heather St @ Lampson Ave

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting.

223998-01	7 weeks	Tue	4/17-5/29	5:15-6pm	5-6 yrs	\$78
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Skateboarding & Scootering

Adam Cohen

Heartwell Park- Long Beach, 5801 E Parkcrest Street

Whether you are just learning or ready to learn advanced tricks, this class is right for you. Make new friends, advance your skills, and most importantly, have fun in our private skatepark. All participants will receive a Skatedogs T-shirt. Requirements: A signed Skatedogs waiver form, a skateboard, knee pads, elbow pads, and a helmet.

Skateboarding

223150-01 5 weeks Sat 4/14-5/12 9-10:30am 6-13 yrs \$125

Scootering

223150-02 5 weeks Sat 4/14-5/12 9-10:30am 6-13 yrs \$125

Spring Break Skateboard & Scooter Camp

Adam Cohen

Little Cottonwood Park
4000 Farquhar

Whether you are just learning or ready to learn advanced tricks, this camp is right for you. Make new friends, advance your skills, and most importantly, have fun in our private skatepark. Participants who sign up for all 5 days will receive a Skatedogs t-shirt. Requirements: A signed Skatedogs waiver form, a skateboard or scooter, knee pads, elbow pads, and a helmet.

223151-01 1 day Mon 4/9 8:30-11:30am 6-13 yrs \$32/day

223151-02 1 day Tues 4/10 8:30-11:30am 6-13 yrs \$32/day

223151-03 1 day Wed 4/11 8:30-11:30am 6-13 yrs \$32/day

223151-04 1 day Thur 4/12 8:30-11:30am 6-13 yrs \$32/day

223151-05 1 day Fri 4/13 8:30-11:30am 6-13 yrs \$32/day

Coed Beg Volleyball

Maria Fattal

McGaugh Campus
1698 Bolsa Ave.

Learn to play volleyball this season. Basic skills of passing, setting, hitting, and underhand as well as overhand serving will be taught then reinforced in games. No Class 3/25 & 4/8

233060-01 9 weeks Sun 2/26-5/6 12-2pm 9-14 yrs \$140

Westminster ICE

Fee: \$37/ 4weeks

13071 Springdale, Westminster

Continuous 4 week sessions are offered for the following classes:

Parent & Me Ice Skating (3-5 years)

Skating for Tots (3-5 years)

Beginning Ice Skating (6-16 years)

ICE Skating for Adults (17+ years)

ICE Hockey Skating Skills (6-16 years)

Class fee includes skate rental, half hour of instruction and a free weekly practice session on your registered class day. All classes taught by Westminster ICE Staff. Dress warmly in layers and bring gloves or mittens. Please check in at least 15 minutes prior to class start time at the first class. See flyer at Community Centers or online at www.sealbeachca.gov for individual class descriptions, dates, and times. Pre- Registration required through the Community Services Department for all classes.

After School Sports, Activities & Homework Club

Scott Durzo & Staff

\$200/pay as you go Kid Card; \$15-Mon, Tues, Thurs, Fri

\$20 Wednesdays (early out) and \$25 for Minimum Days until 4 pm

McGaugh Campus, 1698 Bolsa Ave.

A combination class including homework assistance and sports: basketball, soccer, baseball, flag football, hockey, lacrosse, and other fun activities! Emphasis is placed on good sportsmanship, learning, and encouraging your child to do his or her best! Staff is well trained and has a positive approach to teaching your child! Other fun activities are planned and all kids will enjoy themselves and feel good about playing sports, participating in activities, and assistance with daily homework! Participants are grouped by age and ability to ensure a positive experience. Please e-mail Coach Scott directly if you have any questions: scottdurzo@mac.com. Camp is closed on: 1/16, 1/27, 2/17, 2/17, 2/20, Spring Break. Camp is closed on: 1/16, 1/27, 2/17, 2/20, 4/9, 4/10, 4/11, 4/12, 4/13

127010-01 Mon-Fri 1/2-6/14 2:15-3pm 5-11 yrs

Fashion Sketching 1

Claudia Hindu

Marina Community Center-Small Room, 151 Marina Dr.

Claudia Hindu teaches students to develop their own style of fashion illustration with pencil and markers. Students will learn to draw women, men, and children's fashion models used as a basis for drawing the idealized proportions. No prerequisite required. \$20 material fee payable to instructor at first class meeting. No Class 3/27

212032-01 5 weeks Tue 3/13-4/17 4:30-5:30pm 9+ yrs \$54

Fashion Sketching 2

Claudia Hindu

Marina Community Center-Small Room, 151 Marina Dr.

Claudia Hindu teaches sketching techniques with the latest fashions using mixed media such as colored markers and watercolor while expressing creative thinking. Prerequisite: Fashion Sketching 1 required. \$20 material fee payable to instructor at first class meeting.

212033-01 5 weeks Tue 4/24-5/22 4:30-5:30pm 9+ yrs \$54

The Science of Sport

O.C. Mad Science Staff

Marina Community Center-Small Room, 151 Marina Dr.

Jump right into the science behind sports. Test what your toes have to do with tennis and what your feet have to do with football. Make a new friend named CG Owl and find out what he has to say about sports! Make a helmet for your own crash test Egg-bert! \$5 cash material fee due at the door.

227203-02 1 day Wed 4/11 9am-12pm 5-12 yrs \$27

Animal Adventures!

O.C Mad Science

Marina Community Center-Small Room, 151 Marina Dr.

Let your nose be your guide on a trail of scents. Follow the clues on this aromatic path. Use jaws and claws to feed your beastly stomach. Find out how scientist's track clues in nature to learn more about the animals in our world! \$5 cash material fee due at the door.

227203-01 1 day Tue 4/10 9am-12pm 5-12 yrs \$27

Secret Codes and Mad Messages

O.C. Mad Science Staff

Marina Community Center-Small Room, 151 Marina Dr.

Decipher the world around you as you learn different ways to send secret messages. Use Morse code to send secret transmissions to your friends and to interpret secret messages from them. Discover the mystery of the Mad Science Message Wheel. \$5 cash material fee due at the door.

227203-03	1 day	Thu	4/12	9am-12pm	5-12 yrs	\$27
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Mad Science Super Science Night

O.C. Mad Science Staff

Marina Community Center, Large Room, 151 Marina Dr.

Parents: Enjoy a night out and leave your kids with Mad Science! Your child will enjoy hands-on experiments, spectacular demonstrations and will make and take home a science activity! We will provide a pizza dinner and a snack. All children must be potty trained. \$5 cash material fee payable upon signing child in for the evening. Limited space available, pre-registration required.

227203-04	1 day	Sat	5/12	5:30-9:30pm	3-13 yrs	\$35
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Zoom Robotics

Zoom Academy Staff

Marina Community Center-Small Room, 151 Marina Dr.

Unlike other popular robotics programs Zoom Robotics engages children in a team-oriented robotics program based on national science education standards, while exposing children to the environment of competition robotics like FIRST Lego League (FLL). Using Lego's competition NXT kits and programming language, participants will work in teams to build at least 2 different types of robots and program the robots for basic tasks similar to those challenges given during the national competition. No Class 4/9

223190-01	8 weeks	Mon	3/19-5/14	3:30-5pm	9-13 yrs	\$190
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Web Design & Publishing

Zoom Academy Staff

This is an Online Course

Students learn how to make their own web page and publish it on the World Wide Web. Topics covered: Web Design with WYS/WYG (what you see is what you get). Showcase you video, photo gallery, and favorite games on the website. HTML concepts; Primary tags; Hyperlinks; text formatting; Colors; Backgrounds and Fonts; Pictures, Graphics and Animations; Tables; Web publishing and more! No Class 4/7

223190-02	8 weeks	Sat	3/17-5/12	10-11am	9-13 yrs	\$150
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I Speak Chinese for Youth

OC First Language Academy Staff

**Marina Community Center- Large Room
151 Marina Dr.**

Students develop an understanding of Chinese language and culture with themes relevant to their lives. Class incorporates fun and culturally enriching songs, rhymes, games, and crafts. Students will learn simple writing and interesting tidbits about the origin and evolution of Chinese characters. \$10 material fee due at first class. Parent participation welcomed.

211069-01	6 weeks	Fri	3/16-4/20	3:30-4:15pm	6-12 yrs	\$77
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211069-02	6 weeks	Fri	5/4-6/15	3:30-4:15pm	6-12 yrs	\$77
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Beginning Guitar

Jim Fagen

Los Alamitos Community Center-Lounge, 10911 Oak Street

This class is designed for the beginner and it will gently teach the fundamentals of guitar including chords, picking and tablature. Bring guitar. Adults are cordially invited too!

266070-01	6 weeks	Thu	4/19-5/24	5:30-6:30pm	9+ yrs	\$74
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Needlecrafts

Polly Womack

Los Alamitos Community Center-Meeting Room, 10911 Oak Street

Come learn Needlepoint, Tatting, Cross Stitch, Hardanger, Bargello, Embroidery, Whitework, Blackwork, Battenbery Lace, Needlelace, Cutwork, Samplers with a nice group of people to stitch with! Students may choose their own projects. No class 4/11

246059-01	10 weeks	Wed	4/4-6/13	1-3:30pm	16+ yrs	\$58
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Children's Library Programs

at Mary Wilson Library

Summer Reading Programs

Mondays at 3:30pm • June 25-July 30

Seal Beach Senior Center

Teen Advisory Meeting

First Thursday of the Month
5:30-7pm (Year Round)

Homework Club

Mondays through Thursday
3:30-5pm
(Ends May 31)

Kids' Crafts Workshop

First Saturday of every Month
All day program/Year Round

Storytime Stay & Play

Mondays - 11:15am
January 9- March 27 & May 14- July 31
Library Closed (1/16, 2/13, 2/20, & 5/28)

Library Hours

Mon: 12-8pm, Tues: 12-8pm • Wed: 10am-6pm, Thurs: 10am-6pm

Sat: 10am-5pm • Closed Friday and Sunday

Free programs presented by the Seal Beach Friends of the Library.

For more information, call 562-431-3584

Intro to Digital Photography

Roy Boorman
LB Rec & Marine Adm Building
2760 Studebaker Rd.

Enter the exciting world of digital photography. If you are considering the purchase of a digital camera or just purchased one, this course is for you. We will discuss cameras, printers, image editing, scanning and archiving. Learn basic image editing, e-mailing and printing photos. Handouts explaining pertinent points will be given out. \$5 materials fee payable to instructor at first class.

246050-01 2 weeks Wed 4/11-4/18 7-9:30pm 18+ yrs \$50

Intermediate Digital Photography

Roy Boorman
LB Rec & Marine Adm Building
2760 Studebaker Rd.

Take digital photography to a new level. Learn how to create good photos using the power of Adobe Photoshop Elements. We will demystify the many features and terms used by your camera, manipulate people in group pictures, create panoramas, scan and restore photos and more. Handouts explaining pertinent points will be given out. \$5 supply fee paid to instructor at class.

246051-01 2 weeks Wed 4/25-5/2 7-9:30pm 18+ yrs \$50

Better Pictures from your Digital Camera

Roy Boorman
LB Rec & Marine Adm Building
2760 Studebaker Rd.

Better Pictures from your Digital Camera! We will explore 27 ways to get better photos from your digital camera. Ways will include composition, your camera's controls, lighting, color, when to shoot, workflow and some of the pitfalls to better photography. A \$5 dollar material fee is payable to the instructor at the first class.

246052-01 2 weeks Wed 5/9-5/16 7-9:30pm 18+ yrs \$50

Dog Obedience

Marie Charpentier
Laurel Park
10862 Bloomfield

All breeds of dogs 6 mos & older (larger breeds 4 months & older) welcome. All basic obedience commands (heel, automatic sit, sit-stay, down-stay, stand & come) will be covered, as well as discussions on correction of various behavior problems. Hand signals, long distance work, & an intro to off leash control & boundary training included. Trophies & certificates awarded at graduation. Please bring current vaccination records and \$10 insurance/awards fee to first meeting. First meeting is an orientation, to be held WITHOUT DOGS inside Los Alamitos Community Center (10911 Oak St). Otherwise all other classes will be held at Laurel Park- corner of Katella & Bloomfield in Los Alamitos. Handlers ages 9 yrs to adults.



266040-01 8 weeks Thu 4/12-5/31 6:30-7:30pm 9+ yrs \$82



First Aid, CPR, & AED Training

Erik Berg
Fire Station 48-Community Room, 3131 Beverly Manor Road

These classes are designed to teach individuals basic CPR, First Aid and use of an Automatic external defibrillator (AED). Participants will receive two cards; one from the American Safety and Health Institute and a card from Medic First Aid. Optional \$10 book fee payable to instructor at first class meeting.

246031-01	1 day	Sat	3/10	9am-3pm	16+ yrs	\$45
246031-02	1 day	Sat	3/17	9am-3pm	16+ yrs	\$45
246031-03	1 day	Sat	3/24	9am-3pm	16+ yrs	\$45
246031-04	1 day	Sat	3/31	9am-3pm	16+ yrs	\$45
246031-05	1 day	Sat	4/14	9am-3pm	16+ yrs	\$45
246031-06	1 day	Sat	4/21	9am-3pm	16+ yrs	\$45
246031-07	1 day	Sat	4/28	9am-3pm	16+ yrs	\$45

Improving PC Performance

Bob Cohen
Los Alamitos Community Center-Lounge, 10911 Oak Street

Speed up your personal computer and keep it free of spyware, virus software and old files and applications that can slow it down. Students will learn valuable tips and techniques that can solve common computer problems and save you from long tech support calls or an upgrade that you do not need. The course also will cover the top ten things to know to keep your PC "tuned". \$20 supply fee payable to instructor.

246034-01 1 day Wed 3/28 6:30-9:30pm 16+ yrs \$38

iPhones, iPads, I'm Lost

Bob Cohen
Los Alamitos Community Center-Lounge, 10911 Oak Street

This class is for Apple models only. There is so much more to do with an iPhone® and an iPad® besides making a phone call, sending text messages and browsing the web! While these gadgets are cool, we first need to figure out how to use them! In this class you'll learn to set-up your iPhone® or iPad® for email, texting, WiFi networks, Bluetooth®, and how to sync with your computer using iTunes, as well as take terrific pictures, send them to friends, install apps and make your iPhone® and iPad® even smarter. \$20 supply fee payable to instructor.

246035-01	1 day	Wed	4/4	9am-12pm	16+ yrs	\$38
246035-02	1 day	Tue	4/24	6:30-9:30pm	16+ yrs	\$38

Beg Art for Adults

Claudia Hindu

Marina Community Center- Large Room, 151 Marina Dr.

Students will be taught drawing fundamentals, including contour drawing, perspective, shading, proportion and still life rendering. Mixed media will be used. No prerequisite required. \$5 material fee payable to instructor at first class meeting.

212034-01	5 weeks	Mon	4/23-5/21	9-10am	Adults	\$45
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Arts for Adults II

Claudia Hindu

Marina Community Center- Large Room, 151 Marina Dr.

Students will be taught more basic techniques such as principles of linear perspective drawing as well as more advanced techniques such as three point perspective. Mixed media will be used. Prerequisite: Art for Adults 1.

212034-02	5 weeks	Mon	4/23-5/21	10-11am	Adults	\$45
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Optimize Your Business

Seth Eaker

Fire Station 48- Community Room, 3131 N. Gate Road

If you want easy steps to enhance communication, marketing strategies, optimizing your website, and make more money- this seminar is for you! \$25 book fee due to instructor at first class meeting. Visit www.marketsnag.com for more information.

246092-01	4 weeks	Thu	3/15-4/5	6-7:30pm	25-65 yrs	\$100
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246092-02	4 weeks	Thu	4/12-5/3	6-7:30pm	25-65 yrs	\$100
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Intermediate Ballroom

Anne Pennypacker

Marina Community Center-Large Room, 151 Marina Dr.

Geared towards students with some basic dance experience, Intermediate Ballroom is the class for you! Refine the basics and add more step patterns to spice up your dancing! Partner not necessary. No Class 5/7 & 5/28

244021-01	6 weeks	Mon	4/30-6/18	8:30-9:30pm	18+ yrs	\$65
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Argentine Tango

Anne Pennypacker

Marina Community Center-Large Room, 151 Marina Dr.

Join me in the passionate lovely dance from the streets of Buenos Aires. Learn ochos, ganchos, parada and more! Discover the "milonguero, milonguera" within! No Class 5/8

Level 2

242038-01	6 weeks	Tue	4/24-6/5	7:30-8:30pm	18+ yrs	\$65
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Level 1

242038-02	6 weeks	Tue	4/24-6/5	8:30-9:30pm	18+ yrs	\$65
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Line Dancing

Anne Pennypacker

**Marina Community Center-Large Room
151 Marina Dr.**

Let's kick up our heels and get moving! Join me in dancing both Latin and Country Line Dances, such as Mambol, Boot Scoot Boogie, Red Hot Salsa and more! A great way to get fit while having fun!

242027-01	6 weeks	Wed	5/2-6/6	6:30-7:15pm	18+ yrs	\$65
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Adult Hip Hop

Anne Pennypacker

Marina Community Center-Large Room, 151 Marina Dr.

Let's get our bodies moving to the upbeat sounds of hip hop! Not only will this class be a fun way to get a workout, but a great way to look better on any dance floor.

242028-01	6 weeks	Wed	5/2-6/6	7:15-8:15pm	18+ yrs	\$65
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Swing

Anne Pennypacker

Marina Community Center-Large Room, 151 Marina Dr.

Let's swing into the New Year! Swing is such a popular dance, easy to learn and tons of fun! This class will teach the moves of East Coast Swing, also known as Triple Time Swing. Partner not necessary.

244022-01	6 weeks	Wed	5/2-6/6	8:15-9:15pm	18+ yrs	\$65
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Adult Tap

Anne Pennypacker

Marina Community Center-Large Room, 151 Marina Dr.

An amazing workout and fun at the same time! This class is for those who have always wanted to tap or have had fun tap dancing before. Explore various styles of tap, combinations and more. Tennis shoes, hard soled shoes or tap shoes are the best to wear for class. No Class 5/3

242026-01	7 weeks	Thu	4/26-6/7	7:15-8pm	18+ yrs	\$65
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Adult Ballet/Jazz

Anne Pennypacker

Marina Community Center-Large Room, 151 Marina Dr.

Class will begin with floor warm-ups, ballet barre and center floor. Halfway through, we'll speed it up with various styles of jazz combinations, movements and a routine. Jazz or Ballet shoes recommended. No Class 5/3

242040-01	7 weeks	Thu	4/26-6/7	8-9pm	18+ yrs	\$65
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Ballroom & Latin Dancing

Anne Pennypacker

North Seal Beach Center, 3333 Saint Cloud Dr.

Basic steps, leads and more complex moves of assorted styles of social dancing, guaranteed to get you through your next wedding reception or social function! This fun class and party will put you at ease on the dance floor! Learn the cha cha, rumba, salsa, swing, waltz and more! * Partners not needed! *

242024-01	1 day	Sat	4/28	7:30-9:30pm	18+ yrs	\$22
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242024-02	1 day	Sat	6/9	7:30-9:30pm	18+ yrs	\$22
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Jacki Sorensen's Fitness/Dance Class

Martha Stegen
North Seal Beach Center
3333 Saint Cloud Dr.

Jacki Sorensen's Aerobic Dancing was the world's first aerobic dancing program, originating over 40 years ago. It's a progressive course that's choreographed specifically for non-dancers. In your Get-it-all-Together class you'll sway, stretch, crunch, squat, cha cha, waltz, samba and swing yourself into total body fitness while enjoying music from The Hot 100, Adult Contemporary, Latin, Rock'n Roll, Country, Hip Hop, and more! Our classes are effective, exciting and fun! Comfortable clothes, aerobic shoes, & a mat or towel are required. Light hand-held and/or ankle weights optional.

242030-01 11 weeks Tue & Thu 4/3-6/14 4:30-5:30pm 16+ yrs \$112



Beginning Pilates

Patricia Griswold
Seal Beach Senior Center
707 Electric Ave.

Geared for the new students. The Pilates method of physical and mental conditioning will change your body to be fitter, stronger, and more attractive by slimming muscles, increasing strength and flexibility, improving posture, body alignment and coordination. Continuing program, must attend 1st session to register for the second session. There will be 4 sessions that consist of 5 classes a session before moving up to the Intermediate level. The Pilates Beginning program will be the most important sessions you will experience. New students are encouraged to attend all 20 classes. To see if you are a good fit for this beginner's class please call Patricia at (562) 366-4381. Please bring a floor mat. Classes are subject to cancellation if class minimum is not met. No Class 4/6 & 4/27

242072-01 10 weeks Fri 3/16-6/1 2:30-3:30pm 18+ yrs \$52

Intermediate Pilates

Patricia Griswold
Seal Beach Senior Center
707 Electric Ave.

For returning students ONLY. This class can only be taken by students who have completed the Pilates Beginning program. New students who have not trained with Patricia Griswold are welcome to try a free assessment class to determine if this would be the appropriate level for them. Intermediate level is a continuation of the fundamental work followed by more challenging exercises adding strength and coordination to the Pilates experience. No Class 4/2 & 4/23

242069-01 10 weeks Mon 3/12-5/28 11:30am-12:30pm 18+ yrs \$52

Advanced Pilates

Patricia Griswold
Seal Beach Senior Center, 707 Electric Ave.

For returning students ONLY. Expansion of beginning posture, alignment and flexibility. Please bring a floor mat. This conditioning class offers a blend of pilates, yoga, and ballet. Students will safely increase strength, flexibility and stamina. Proper breathing techniques will be taught. Come rebuild your core strength! Bring water and an exercise mat. Classes are subject to cancellation if class minimum is not met. No Class 4/6 & 4/27

242071-01 10 weeks Fri 3/16-6/1 1:15-2:15pm 18+ yrs \$52

Tai Chi Chih I

Suzanne Roady- Ross
Marina Community Center-Small Room, 151 Marina Dr.

Beginner class. Reduce stress and experience peace within. A moving form of meditation based on ancient Chinese principles, these graceful, flowing movements tone muscles, align the body & enhance flexibility while promoting a peaceful mind. In Chinese medicine, tai chi is used as a way to relax the body & allow the chi (vital energy) to flow, thereby promoting wellness.

242073-01 6 weeks Mon 4/16-5/21 6:40-7:40pm 13+ yrs \$50

Tai Chi Chih II

Suzanne Roady-Ross
Marina Community Center-Small Room, 151 Marina Dr.

Class is designed for intermediate students. Refine your practice and deepen the benefits of this simple but powerful moving meditation. Reduce stress and experience peace within, thereby promoting wellness.

242077-01 6 weeks Mon 4/16-5/21 5:30-6:30pm 13+ yrs \$50

Hatha Yoga

Suzy Hazard
Seal Beach Senior Center 707 Electric Ave.

Hatha yoga is a series of gentle poses that stretch & strengthen your body; the breathing practices relax your mind. The combination brings your mind & body together to soothe the nervous system & bring you a sense of relaxation & renewal. Wear loose, comfortable clothing. Bring a sticky mat and/or beach towel.

242070-01 11 weeks Tue 3/20-5/29 5:30-6:45pm 18+ yrs \$79





Weight Loss Boot Camp

Bryce Turner
Seal Beach
10th St @ Ocean Ave

Join Seal Beach's exclusive Beach Boot Camp, taught by Beach Fitness, and get that beach body you have always wanted. Beach Boot Camp is a kick-your-butt workout that will leave you sore, but begging for more! Work with our expert trainers to tighten and tone your ENTIRE body with this INTENSE workout. CAUTION: This workout contains CARDIO, STRENGTH TRAINING, and a BUTT KICKIN'!

242062-01	11 weeks	Sat	3/17-5/26	8-9am	14+ yrs	\$99
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Jazzercise

Mary Jo Fouche

Jazzercise gives you all the cardio, strength and stretch moves you want for a total body workout! And with all that, we've thrown in moves from hip-hop, yoga, Pilates, jazz dance, kickboxing and resistance training. All ages, levels and sizes welcome so come join us today! Please wear appropriate & sturdy athletic shoes. Bring a towel, weights, water, & a mat. No class 4/21 & 5/19

Marina Community Center: 151 Marina Dr.

242042-01	6 weeks	Tue/Thu Sat	6-7pm 8:30-9:30am	3/27-5/5	13+ yrs	\$70
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242042-02	6 weeks	Tue/Thu Sat	6-7pm 8:30-9:30am	5/8-6/16	13+ yrs	\$70
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North Seal Beach Center: 3333 Saint Cloud Dr.

242044-01	6 weeks	Mon & Wed	6-7pm	3/26-5/2	13+ yrs	\$50
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242044-02	6 weeks	Mon & Wed	6-7pm	5/7-6/13	13+ yrs	\$50
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Aikido for Adults

Steve Wasserman
North Seal Beach Center, 3333 Saint Cloud Dr.

This course focuses on the art of "Aikido" self-defense. Aikido translates to "the way of harmonizing the spirit". Students will learn the principles of falling, rolling, and defense techniques against punches, strikes, knife attacks, control and blending with your opponent, mat safety, and self-defense awareness. Wear sweats and no jewelry. Martial arts gi are optional and can be purchased separately (\$40- \$65). Belt testing is optional (\$40). All students that attend the classes must have the ability to roll and fall at a moderate pace and will be allowed to participate only per instructor's discretion.

242050-01	12 weeks	Mon & Wed	3/12-6/6	7:30-9:30pm	18+ yrs	\$130
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*Some Saturdays to be announced 9:30-10:30am

Open Gym Volleyball

Maria Fattal
McGaugh Campus, 1698 Bolsa Ave

Co-ed Volleyball Open Gym is offered on Wednesday evenings from 7-9pm at McGaugh gym. This program is for individuals looking to play extra volleyball games on a recreational level. \$4 collected at the door per person. The gym and play is supervised by experienced volleyball professionals. Multiple courts are available based on skill level. Pre-registration is not required. For additional information please call (562) 431-2527 x: 1341.

243060-01	Wed	3/14-6/6	7-9pm	18+ yrs	\$4
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Basketball League

\$350 per team for a 10 game season, plus \$25 per game for referees. For more information, contact Marquis Lee in the Community Services Department at (562) 431-2527 ext: 1307, or E-mail at Mlee@sealbeachca.gov.



Softball League

\$400 per team. For more information, contact Marquis Lee in the Community Services Department at (562) 431-2527 ext: 1307, or E-mail Mlee@sealbeachca.gov.



Recreation Scholarship Program

Interested in signing up for a Recreation class but can't afford it? Thanks to local community groups who have graciously donated funds, the City of Seal Beach offers scholarships to low-income residents (toddlers, teens, and seniors). Pick up a scholarship application at the Community Services Department. Apply today, funds are limited.



Community Pool

McGaugh School • 1698 Bolsa Ave, Seal Beach Blvd. • Pool Office (562) 430-9612

Community Services Office (562) 431-2527

The McGaugh Pool was built in 1964. It is 25 yards in length and has six lanes open for lap swimming. The water temperature is maintained at 80 degrees and an outdoor, warm water shower with limited dressing rooms are available.

Spring Adult & Youth Lap Swim

This is an ongoing fitness/workout program for lap swimming. Pool is closed on national holidays. All passes must be purchased at City Hall in the Community Services Department.

Days	Time	Ages	Fees
Monday-Friday	5:30am – 7am	Adult /16+ yrs	Daily fee: \$3
Monday-Friday	11am – 1pm	Adult /16+ yrs	16 swim pass: \$40
Monday-Friday	*6:30pm – 8pm	Adult /16+ yrs	34 swim pass: \$80
Saturday & Sunday	8am – 12 Noon	Adult /16+ yrs	Unlimited Annual pass: \$200
Monday-Friday	6pm – 6:30pm	Youth	(No guests)
Saturday & Sunday	8am – 9am	Youth	Daily fee: \$2
			16 swim pass: \$32

* 7pm-8:30pm 4/2-6/8

Private Swim Lessons

Please call the Community Services Department at (562) 431-2527 x1341 for more information.

Seal Beach Swim Team

The Seal Beach Swim Team is a privately operated team that conducts practices at McGaugh Community Pool. For Swim Team information, call Maria Fattal, a parent volunteer, directly at (562) 430-1092.

Swim Lesson Registration

Registration will take place in the Community Services Office in City Hall. Resident registration at 9am. Non-residents registration at 11am. Swim classes are taught at McGaugh Campus, 1698 Bolsa Ave.

Registration Session Class Dates

Registration Date	Session	Class Dates
June 8	1	6/18-6/28
June 8	2	7/2-7/13*
July 6	3	7/16-7/26
July 6	4	7/30-8/9
August 3	5	8/13-8/23

Late registration for each session will be accepted in City Hall Monday-Friday, 9am-5pm (closed 12-1pm for lunch), after original enrollment dates. No class 7/4*.

Swim Lessons

Summer swim classes are 9 day sessions (Mon- Fri & Mon- Thurs) for 30 or 45 minute classes. Resident fee is \$40 for one child and \$30 for each additional child. Non- resident fee is \$60 for one child and \$50 for each additional child.

Deep Water Aerobics

Cheryl von der Hellen
McGaugh Campus
1698 Bolsa Ave.

This deep water exercise develops total fitness. You must purchase your own Buoyancy Cuffs to participate in class. You will burn calories while improving endurance, flexibility and strength. This class fills up fast so sign up early! No Class 4/9, 4/11, 5/23, 5/28

244010-01	5 weeks	Mon & Wed	3/12-4/18	5:30-6:30pm	18+ yrs	\$55
244010-02	5 weeks	Mon & Wed	4/30-5/30	5:30-6:30pm	18+ yrs	\$55

M&M Surf Camps

Michael Pless
Fee: 1 week/ \$250; 1 Day/ \$65
8th St. Beach, 8th St @ Ocean Ave

Michael Pless, owner and operator of M & M Surfing School has been teaching for 27 years and has 49 years of surfing experience. This supervised program is designed to teach beginning and intermediate surfing to small groups with emphasis on safety first, in a fun-filled environment. All instructors are CPR, 1st Aid and Water Safety Certified. *Please indicate your week preference on the registration form. Register through the Community Services Office, registration will not be accepted at the class. (Seal Beach - 8th St, 8th St @ Ocean Ave)

267061-01 Mon-Sun *3/12-6/10 (weekly ongoing classes) 8am-12pm All Ages

M&M Surf- Private Lessons

\$80/hr Call Michael Pless at (714) 846-7873 for schedule your private surf lesson.

Job Opportunities

The City of Seal Beach is currently looking for individuals interested in applying for employment with the City of Seal Beach aquatics department. Information is available at www.sealbeachca.gov.



2012 Seal Beach Junior Lifeguard Program

Summer is right around the corner and so is another exciting session of Junior Lifeguards! All Junior Lifeguards, both new and returning must pass a swim test before registering for the summer. The swim test will consist of a 100 yard swim that must be completed within:

- 1:55 – 'C' group (9-11)
- 1:40 – 'B' group (12-13)
- 1:35 – 'A' group (14- 17)

ALL swim tests will be held at McGaugh Elementary School- 1698 Bolsa Avenue (corner of Bolsa Avenue and Seal Beach Boulevard). All swim tests must be conducted by Seal Beach Junior Lifeguard Program staff. Any times not verified by program staff will not be considered.

Returning Junior Guards

Date	Time
Saturday, May 5	7am-10am
Saturday, May 12	7am-10am

If you can not make one of the Returning JG swim test dates you must test during one of the New Junior Guard dates.

New Junior Guards*:

Date	Time
Tuesday, May 29	5pm-7pm
Thursday, May 31	5pm-7pm
Saturday, June 2	7am-10am

*Passing the swim test does not guarantee a spot in the program (except for returning Junior Guards). All NEW participants must register Saturday, June 16th at Lifeguard Headquarters.

For additional program information, please visit www.sealbeachca.gov/living/lifeguard/information or call (562) 431-2527 ext. 1206.

Jr. Guard Prep Class

Beach Lifeguards
McGaugh Campus, 1698 Bolsa Ave

This class is designed to get your child ready for the Junior Lifeguard Swim Test. Instructors will work with your child to develop proper stroke technique and endurance, however some previous swimming experience is recommended. Participants will be tested at the last class and it will count towards the Junior Guard Swim Test! Space is limited - only 40 spots available - so sign up early!

***Completion of the class does not guarantee a spot in 2012 Junior Lifeguard Program, those interested will have to register at Junior Lifeguard Registration on Saturday, June 16 at Lifeguard Headquarter (888 Ocean Ave).*

224030-01	4 weeks	Mon/Wed/Fri	4/2-4/27	6-7pm	\$80
224030-02	4 weeks	Mon/Wed/Fri	4/30-5/25	6-7pm	\$80

Jr. Guard Conditioning Class

Beach Lifeguards
McGaugh Campus, 1698 Bolsa Ave

This class is designed for the returning Junior Lifeguard who want some extra help to prepare for the Swim Test and the summer. Enrollment in 2011 Junior Lifeguard Program required to participate in this class. Instructors will work with your child to fine tune stroke technique and improve endurance. Participants will be tested at the last class and it will count towards the Junior Lifeguard Swim Test! Space is limited - only 40 spots available - so sign up early!

224031-01	4 weeks	Tue & Thu	4/3-4/26	6-7pm	\$65
224031-02	4 weeks	Tue & Thu	5/1-5/24	6-7pm	\$65

Jr. Guard "Last Chance" Class

Beach Lifeguards
McGaugh Campus, 1698 Bolsa Ave

Intensive two week class designed to give your child an extra opportunity for stroke work and endurance training before the Junior Guard Swim Test. This class is open to both new and returning Junior Lifeguards. Participants will be tested at the last class and it counts towards the Junior Guard Swim Test! Space is limited - only 40 spots available - so sign up early!

***Completion of this class does not guarantee a spot in the 2012 Junior Lifeguard Program, unless participant is a returning Junior Lifeguard. New participants must register at Junior Lifeguard Registration on Saturday, June 16 at Lifeguard Headquarters (888 Ocean Ave).*

224032-01	2 weeks	Mon-Fri	5/29-6/8	6-7pm	\$65
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Classes taught by Seal Beach Community Services and USPTA Certified Tennis Pro Instructor Brian Collison. Players must bring their own tennis racquet and wear tennis shoes to class. Classes may be combined or cancelled if minimum is not met. New classes may be created if maximums are exceeded. Players may request particular Class Titles, Times, and Locations if courts are available and minimums are met. Please contact Seal Beach Community Services Department for availability (562) 431-2527 x1307.

Tennis Classes at Marina Park

151 Marina Drive - (562) 431-2527 x1307

CLASS #	DAY	CLASS TITLE	Session	DATES	WEEKS	TIME	AGE	PRICE	MIN	MAX
233020-01	Monday	Kids-Beginning	1	3/12-4/16	6	3:00-3:30pm	4-5 yrs	\$42	3	6
233020-02			2	4/23-6/4	6	3:00-3:30pm	4-5 yrs	\$42	3	6
233020-03		Kids-Advanced	1	3/12-4/16	6	3:30-4:15pm	5-6 yrs	\$63	3	6
233020-04			2	4/23-6/4	6	3:30-4:15pm	5-6 yrs	\$63	3	6
233021-01		Juniors-Beginning	1	3/12-4/16	6	4:15-5:00pm	7-15 yrs	\$63	3	8
233021-02			2	4/23-6/4	6	4:15-5:00pm	7-15 yrs	\$63	3	8
233021-03		Juniors-Advanced	1	3/12-4/16	6	5:00-6:00pm	7-15 yrs	\$84	3	10
233021-04			2	4/23-6/4	6	5:00-6:00pm	7-15 yrs	\$84	3	10
233022-01		Adults-Beginning	1	3/12-4/16	6	6:00-7:00pm	16+ yrs	\$84	3	10
233022-02			2	4/23-6/4	6	6:00-7:00pm	16+ yrs	\$84	3	10

Tennis Classes at Heather Park

Corner of Heather and Lampson - (562) 431-2527 x1307

CLASS #	DAY	CLASS TITLE	Session	DATES	WEEKS	TIME	AGE	PRICE	MIN	MAX
233020-05	Wednesday	Kids-Beginning	1	3/14-4/18	6	3:00-3:30pm	4-5 yrs	\$42	3	6
233020-06			2	5/2-6/6	6	3:00-3:30pm	4-5 yrs	\$42	3	6
233020-07		Kids-Advanced	1	3/14-4/18	6	3:30-4:15pm	5-6 yrs	\$63	3	6
233020-08			2	5/2-6/6	6	3:30-4:15pm	5-6 yrs	\$63	3	6
233021-05		Juniors-Beginning	1	3/14-4/18	6	4:15-5:00pm	7-15 yrs	\$63	3	8
233021-06			2	5/2-6/6	6	4:15-5:00pm	7-15 yrs	\$63	3	8
233021-07		Juniors-Advanced	1	3/14-4/18	6	5:00-6:00pm	7-15 yrs	\$84	3	10
233021-08			2	5/2-6/6	6	5:00-6:00pm	7-15 yrs	\$84	3	10
233022-03		Adults-Beginning	1	3/14-4/18	6	6:00-7:00pm	16+ yrs	\$84	3	10
233022-04			2	5/2-6/6	6	6:00-7:00pm	16+ yrs	\$84	3	10
233020-09	Saturday	Kids-all levels	1	3/17-4/21	6	8:30-9:00am	4-6 yrs	\$42	3	6
233020-10			2	5/5-6/9	6	8:30-9:00am	4-6 yrs	\$42	3	6
233021-09		Juniors-all levels	1	3/17-4/21	6	9:00-10:00am	7-15 yrs	\$84	3	10
233021-10			2	5/5-6/9	6	9:00-10:00am	7-15 yrs	\$84	3	10
233022-05		Adults-all levels	1	3/17-4/21	6	10:00-11:00am	16+ yrs	\$84	3	10
233022-06			2	5/5-6/9	6	10:00-11:00am	16+ yrs	\$84	3	10

The City of Seal Beach Public Tennis Center

General Public Hours of Operation:

Monday- Friday 12:00pm-9:30pm
Saturday & Sunday 12:00pm- 5:30pm

Reservations:

General Public may reserve courts 4 days ahead of time (Monday call for Thursday)

Court Fees:

12:00pm- 5:00pm – \$10.00 per hour per court.
5:00pm- 9:30pm – \$12.00 per hour per court.
Seal Beach Residents save \$2.00 per hour per court.
Junior rates – \$5.00 per hour per court (17 & under).
The adult rate applies if junior and adult play together.

Ball Machine:

\$16.00 per hour. Member receives ½ off.

Full Service pro shop

24- Hour Racquet Stringing.

Club house available for rental, call (562) 598-8624.

Private and group lessons available from USPTA instructors. Personal training sessions available in the tennis center gym.

Interested in becoming a member? Call (562) 598-8624

Tennis Classes at the Seal Beach Tennis Center

3900 Lampson Ave - (562) 598-8624 - Open to the Public

CLASS #	DAY	CLASS TITLE	Session	DATES	WEEKS	TIME	AGE	PRICE	MIN	MAX
233022-07	Tuesday	Adults-Beginning	1	3/13-4/17	6	10:00-11:00am	16+ yrs	\$84	3	10
233022-08			2	5/1-6/5	6	10:00-11:00am	16+ yrs	\$84	3	10
233020-11		Kids-Beginning	1	3/13-4/17	6	4:30-5:00pm	4-5 yrs	\$42	3	6
233020-12			2	5/1-6/5	6	4:30-5:00pm	4-5 yrs	\$42	3	6
233020-13		Kids- Advanced	1	3/13-4/17	6	5:00-5:45pm	4-5 yrs	\$63	3	8
233020-14			2	5/1-6/5	6	5:00-5:45pm	4-5 yrs	\$63	3	8
233022-09		Adults-Advanced	1	3/13-4/17	6	6:00-7:00pm	16+ yrs	\$84	3	10
233022-10			2	5/1-6/5	6	6:00-7:00pm	16+ yrs	\$84	3	10
233021-11	Thursday	Juniors-Beginning	1	3/15-4/19	6	4:30-5:15pm	7-15 yrs	\$63	3	8
233021-12			2	5/3-6/7	6	4:30-5:15pm	7-15 yrs	\$63	3	8
233021-13		Juniors-Advanced	1	3/15-4/19	6	5:15-6:00pm	7-15 yrs	\$84	3	10
233021-14			2	5/3-6/7	6	5:15-6:00pm	7-15 yrs	\$84	3	10
233022-11		Adults-Advanced	1	3/15-4/19	6	6:00-7:00pm	16+ yrs	\$84	3	10
233022-12			2	5/3-6/7	6	6:00-7:00pm	16+ yrs	\$84	3	10

Kids-Beginning Tennis 4-5 yrs. Introduce your youngster to the game of tennis.

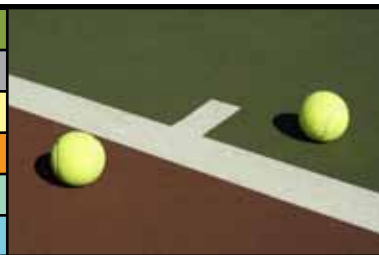
Kids-Advanced Tennis 5-6 yrs. Designed for the child just learning the game of tennis.

Junior-Beginning Tennis 7-15 yrs. Little to no experience.

Junior-Advanced Tennis 7-15 yrs. Students must contain knowledge of basic tennis strokes, grips, and ready positions.

Adult-Beginning Tennis 16+ yrs. Little to no experience.

Adult-Advanced Tennis 16+ yrs. Players must contain knowledge of basic tennis strokes, grips, and ready positions.



The Seal Beach Chamber of Commerce presents

THE 5TH ANNUAL
seal beach
2012 BE MORE HEALTHY EXPO

SATURDAY, MARCH 24
9:00 AM TO 4:00 PM
AT THE SEAL BEACH PIER

CO-PRESENTERS:
CITY OF SEAL BEACH
AND SEAL BEACH LIONS CLUB

For More Information, contact:
Diana Bean - 562/888-0298
coachingbeans@yahoo.com

BounceU – Create & Bounce Summer Camps

Bounce U Staff
Bounce U
5445 Oceanus Dr.

This program gives children a daily balance of playtime and artistic expression- a perfect tandem for any growing imagination. In addition to bouncing & exploring their inner artists, kids enjoy an array of games and activities. \$20 material fee payable to Bounce U at first day of camp.



313140-01	3 days	Mon-Wed	6/25-6/27	9am-2pm	4-10 yrs	\$129
313140-02	3 days	Mon-Wed	7/2-7/4	9am-2pm	4-10 yrs	\$129
313140-03	3 days	Mon-Wed	7/9-7/11	9am-2pm	4-10 yrs	\$129
313140-04	3 days	Mon-Wed	7/16-7/18	9am-2pm	4-10 yrs	\$129
313140-05	3 days	Mon-Wed	7/23-7/25	9am-2pm	4-10 yrs	\$129
313140-06	3 days	Mon-Wed	7/30-8/1	9am-2pm	4-10 yrs	\$129
313140-07	3 days	Mon-Wed	8/6-8/8	9am-2pm	4-10 yrs	\$129
313140-08	3 days	Mon-Wed	8/13-8/15	9am-2pm	4-10 yrs	\$129
313140-09	3 days	Mon-Wed	8/20-8/22	9am-2pm	4-10 yrs	\$129

Art Camps

Fashion Sketching 1 & 2

Claudia Hindu
Fire Station 48-Community Room
3131 N. Gate Road

Claudia Hindu teaches students to develop their own style of fashion illustration with pencil, markers, and water colors. Students will learn to draw women, men, and children's fashion models used as a basis for drawing the idealized proportions. Students will also learn how to draw flats. No prerequisite required. \$25 material fee payable to instructor at first class meeting.

312032-01	5 weeks	Tue	6/26-7/24	10am-12pm	9+ yrs	\$108
312032-02	5 weeks	Tue	7/31-8/28	10am-12pm	9+ yrs	\$108

Art Camps with Mrs. B!

Brenda Benveniste
Marina Community Center-Small Room
151 Marina Dr.

In these Wildlife Art Summer Camps, students will develop a meaningful connection between the world of nature, one's enthusiasm, energy and affection for these living creatures and their expression of them in Visual Arts. Artists will receive a high level of information for creative thinking, artistic confidence and freedom for expression. The focus is on drawing techniques and elements, insight of the valuable process of art, appreciation of individual style and the knowledge of color application. Only professional art mediums are used with high quality papers and canvas. No experience needed. \$30 material fee payable to instructor on the first day of camp (includes snack). For more information check out Brenda Benveniste's website: www.insideoneart.com

Artists will create brilliant sea life and ocean animals.

326024-01	Mon-Thu	8/13-8/16	9:30am-12:30pm	5-12 yrs	\$165
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Artists will compose pieces of the most majestic animals in the world.

326024-02	Mon-Thu	8/13-8/16	1-4pm	5-12 yrs	\$165
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Teen Open Art Studio

Brenda Benveniste
Marina Community Center-Small Room, 151 Marina Dr.

In this unique open art studio workshop, participants will work on subjects which are of interest to them, and with one on one instruction will develop their own style while learning the elements and techniques of composition. High level professional materials from charcoal to oil are available to participants, as well as, individualized instruction as you work at their own pace. \$30 material fee payable to instructor on the first day of camp (includes a snack). For more information check out Brenda Benveniste's website: www.insideoneart.com.

326025-01	4 days	Mon-Thu	8/13-8/16	4:30-7pm	12+ yrs	\$165
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Summer Volleyball

Coed Beg Volleyball

Maria Fattal
McGaugh Campus, 1698 Bolsa Ave

Learn to play volleyball this summer! Basic skills of passing, setting, hitting, and underhand as well as overhand serving will be taught then reinforced in games. No Class 7/4

333060-01	9 weeks	Mon	6/18-8/13	3:30-5:30pm	8-14 yrs	\$150
333060-02	9 weeks	Wed	6/20-8/22	3:30-5:30pm	8-14 yrs	\$150

Coed Int/Adv Volleyball

Maria Fattal
McGaugh Campus, 1698 Bolsa Ave

Perfect your volleyball skills and learn how to run a 6-2 offense. Class consists of a warm-up, skills work, and a half-hour of playing. For players who play on 8th grade school teams or club teams or by instructor's approval, please email sbvbcmaria@yahoo.com or call 562-430-1092 with experience.

333061-01	4 weeks	Tue & Thu	7/3-8/2	3:30-5:30pm	12-16 yrs	\$200
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Coed Beach Volleyball

Maria Fattal
Seal Beach- Courts on the South Side of the Pier, 10th St @ Ocean Ave

Dive into the sand for summer volleyball action! Experienced coaches from Seal Beach Volleyball Club will lead four, one-week camps. Fundamentals taught then reinforced in games.

Mon- Fri	Dates TBD in summer Shoreline	9-11am	9-14 yrs	\$100
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Skyhawks

Mini-Hawk

Skyhawks Sports Staff
Heather Park, Heather St @ Lampson Ave.

This multi- sport program was developed to give 4 to 7 year-olds a positive first step into athletics. Soccer, baseball, and basketball are taught in a safe, structured environment filled with encouragement and fun. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace. All participants receive a t-shirt and merit award. The participant-to- coach ratio is approximately 8:1. Participants should bring appropriate clothing, two snacks, a water bottle, running shoes and sunscreen.

323180-01	1 week	Mon-Fri	7/23-7/27	9am-12pm	4-7 yrs	\$145
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Play-Well TEKologies

Pre-Engineering Fundamentals

Play-Well TEKologies Staff
Marina Community Center-Large Room, 151 Marina Dr.

Create, Play, and Learn. Build a town, city, or star base with houses, buildings, pyramids, bridges, tunnels, towers, and more. Build motorized cars, trains, buses, and trucks; race them; crash them; repair them. Explore the many possibilities of LEGO building systems while learning useful construction techniques.

313050-01	1 week	Mon-Fri	6/18-6/22	9am-12pm	5-6 yrs	\$187
313050-02	1 week	Mon-Fri	6/25-6/29	1-4pm	5-6 yrs	\$187

Engineering Fundamentals

Play-Well TEKologies Staff
Marina Community Center-Large Room, 151 Marina Dr.

Learn how to design and build motorized machines, houses, pyramids, bridges, catapults, buildings, and other constructions with LEGO. Experienced students will be given new projects.

313051-01	1 week	Mon-Fri	6/18-6/22	1-4pm	7-12 yrs	\$187
313051-02	1 week	Mon-Fri	6/25-6/29	9am-12pm	7-12 yrs	\$187

Dance Camps with Miss Anne

Hip Hop Dance Camp

Anne Pennypacker
Marina Community Center-Large Room, 151 Marina Dr.

High energy, pumping music and tons of fun! This camp will not only get everyone dancing to upbeat (and appropriate) music, but we'll throw down mats and do some tumbling too. We'll make our own Breakin' Funky T-Shirts to perform in at weeks end! \$15 material fee payable to instructor at first class.

327043-01	1 week	Mon-Fri	7/9-7/13	9:30am-12pm	5-12 yrs	\$118
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Rockstar Popstar Super Camp!



Anne Pennypacker
Marina Community Center-Large Room
151 Marina Dr.

C-mon boy & girls, it's time to party like a rockstar! We will learn lyrics and hip hop dance moves to our favorite pop songs and be stars! At weeks end, we'll costume up and put on a concert not to be missed! \$15 material fee payable to instructor on the first day of camp.

327046-01	1 week	Mon-Fri	7/23-7/27	9:30am-12pm	5-12 yrs	\$118
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Stars of Broadway!

Anne Pennypacker
Marina Community Center-Large Room, 151 Marina Dr.

Lights! Camera! Action! Join Miss Anne and crew in a wonderful week long adventure into the world of Musical Theatre. Students will explore improvisational acting, perform pieces from various musicals, dance with props, create costumes, hold auditions and more! Curtain's open at week's end for a show not to be missed! \$15 material fee payable to instructor at first day of camp.

327045-01	1 week	Mon-Fri	7/16-7/20	9:30am-12pm	5-12 yrs	\$118
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Broadway Babies

Anne Pennypacker

Marina Community Center-Large Room, 151 Marina Dr.

Come swing on a star with Miss Anne and her guest instructors for a fun week of exploring musical theatre! Little dancers will create their own costumes, hold mini-auditions, sing, dance and prepare for the stage. Imaginations will soar as we act out characters and scenes from beloved Broadway shows! Curtains open at weeks end for our own special show! \$15 material fee payable to instructor on the first day of camp.

327047-01 4 days Tue-Fri 7/31-8/3 9:30-11am 4-7 yrs \$78

Superhero Gymnastics Camp

Anne Pennypacker

Marina Community Center-Large Room, 151 Marina Dr.

Boys & Girls! Run Fast! Jump High! Leap Far! Join Miss Anne in an action packed gymnastics camp. "Superheroes" will learn tumbling skills & create their own super-powered costumes! \$15 material fee payable to instructor on the first day of camp.

327048-01 4 days Tue-Fri 7/31-8/3 11am-1pm 4-7 yrs \$118

Edutainment Arts Camps

Top Chef

Edutainment Arts Staff

Marina Community Center-Large Room, 151 Marina Dr.

Our goal: to open a restaurant in one week. Campers will learn food handling skills and hygiene and then then how to make several delicious and fun dishes. Our restaurant is open at the end of the week for family and friends! (2 guests per student enrolled allowed at the final days meal.)

323160-01 1 week Mon-Fri 7/9-7/13 12:30-3:30pm 6-12 yrs \$150

Sand Castle Camp

Edutainment Arts Staff

Seal Beach, 1st St @ Ocean Ave

Playing in the sand by the water, can you imagine a better summer than that? Now add a dozen new friends all helping you build massive castles, humans, mermaids, and other sea creatures all out of sand. Learn the techniques experts use to create these marvelous works of sand art. Bring your sun screen for a summer you'll always remember. Meet at the 1st Street Parking Lot- grass area.

323160-02 1 week Mon-Fri 7/16-7/20 8-11am 6-12 yrs \$150

CSI – What it Takes to be a Detective

Edutainment Arts Staff

Marina Community Center-Large Room
151 Marina Dr.

Learn about the elements of crime solving, with hands on activities that require teamwork and deductive reasoning. Write in secret codes and decipher messages sent by others. All the skills you learn will be called upon to solve a crime at the end of the week.

323160-03 1 week Mon-Fri 7/23-7/27 12:30-3:30pm 6-12 yrs \$150

Flight

Edutainment Arts Staff

Marina Community Center-Small Room/Park
151 Marina Dr.

Take to the sky and soar! Design and build hot air balloons, planes, rockets, kites, and more. Learn the principles of flight and see where your imagination can take you.

323160-04 1 week Mon-Fri 7/30-8/3 9am-12pm 6-12 yrs \$150

Green Screen

Edutainment Arts Staff

Marina Community Center-Small Room/Park
151 Marina Dr.

Learn the beginning of green screen filming, special effects for film, story boarding, rehearsing, directing and filming and put it all together to create an action packed movie to show your friends and family! Some campers will find a love for behind the scenes storytelling, while others will be called by the camera.

323160-05 1 week Mon-Fri 7/30-8/3 12:30-3:30pm 6-12 yrs \$150

Dessert Shop

Edutainment Arts Staff

Marina Community Center-Large Room
151 Marina Dr.

Make different desserts, sweets, and other foods your parents don't want you to have too much of. A few healthier items will be offered, but not many. It's time for sugar and spice. On Thursday, have a tasting of all your goodies for family and friends. (2 guests per student enrolled allowed at the final days meal.)

323160-06 4 days Mon-Thu 8/6-8/9 8am-12pm 6-12 yrs \$150

Fort Building

Edutainment Arts Staff

Marina Community Center-Large Room
151 Marina Dr.

You're done it since you were two surrounding yourself with piles of stuffed animals and couch cushions. Now build your forts with tons of friends and have the fun of building and competing. Each day new forts will be made out of different whacky materials: Some small forts and some large. Teams will compete for best design, best fortified, longest standing and more! Castle vs. castle, fort vs. fort, fun vs. more fun.

323160-07 1 week Mon-Fri 8/13-8/17 9am-12pm 6-12 yrs \$150

Star Wars

Edutainment Arts Staff

Heather Park
Heather St. @ Lampson Ave.

It's Jedi Training Time at Camp! Learn to use the force and how to operate a Lightsaber. Campers will build a Jedi Costume, be issued a practice saber, and taught the positive aspects of being a Jedi. Basic stage combat will be taught for safe sparing. Yoga will help us get in tune with the force. Crafts will build our Jedi arsenal. And Jedi games and competitions will be held to help strengthen our commitment to the force.

323160-08 1 week Mon-Fri 8/20-8/24 9am-12pm 4-6 yrs \$150



Mad Science Summer Camps

Galaxy Defenders

O.C. Mad Science Staff

Marina Community Center-Small Room/Park, 151 Marina Dr.

Join our Astronaut Academy and Space Shuttle Tech Crew as you prepare to defend the galaxy. Build your own model rocket, make and take home tubular telescopes, space shuttles and flying fizzlers. Discover the fun involved in rockets and experience an awesome rocket launch. Learn how Sir Isaac Newton laid down the law of rocketry and motion. Join now and help our Mad Scientists protect the Earth from Alien Invaders! \$30 materials fee payable to instructor on the first day of camp.

327203-01	1 week	Mon-Fri	6/25-6/29	9am-12pm	5-12 yrs	\$135
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Slime Time!

O.C. Mad Science Staff

**Marina Community Center-Small Room/Park
151 Marina Dr.**

It's SLIME TIME! Learn about the world of polymers, the chemical reactions to create them and the inner workings of silly putty! Atoms to molecules to polymers, check out how it all works together. \$10 materials fee payable to instructor on the first day of camp.

327203-02	2 days	Thu & Fri	7/5-7/6	9am-12pm	5-12 yrs	\$55
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Science in Motion

O.C. Mad Science Staff

Marina Community Center-Small Room/Park, 151 Marina Dr.

Discover how things move with science. Take apart owl pellets to see what they can digest. View the world through a camera obscura that you make yourself. Assemble and control pulleys, levers, catapults, and mega pinchers. Take a walk on the wild side to explore the beasts of the fields and the birds of the air. Build your own birdhouse, make your own sidewalk chalk, grow your own crystal gardens, play with Magic Mud, and more! \$30 material fee due the first day of class.

327203-03	1 week	Mon-Fri	7/16-7/20	9am-12pm	5-12 yrs	\$135
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Robots 101

O.C. Mad Science Staff

Marina Community Center-Small Room/Park, 151 Marina Dr.

I am a RO-BOT! Join us for a week of FUN with amazing robots! Learn about the uses of robots in our world and spend time experimenting with super cool robots that can sense sound, follow patterns, even play soccer! Discover the science of circuitry and how robots use sensors to explore the things around them. Use your skills to build your very own working robot to take home with you! \$30 material fee due the first day of class.

327203-04	4 days	Mon-Thu	8/6-8/9	9am-12pm	8-13 yrs	\$118
327203-05	4 days	Mon-Thu	8/6-8/9	1:30-4:30pm	8-13 yrs	\$118

NASA: Jr Astronauts

O.C. Mad Science Staff

Marina Community Center-Large Room, 151 Marina Dr.

Join our Academy of Future Space Explorers as you prepare to explore the galaxy. Build your own model rocket, race a balloon rocket, and then see the real thing- a rocket launch up to 300 ft. in the air! Make and take home your own comet, Shuttle Copter, glow-in-the-dark Bead Dipper and much more. Use teamwork to complete an important space mission. Travel to the end of the rainbow and make a sunset. This NASA camp is 'Out of this World!' \$30 material fee due the first day of class.

327203-06	1 week	Mon-Fri	8/20-8/24	9am-12pm	5-12 yrs	\$135
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Little Scientist Preschool Lab

O.C. Mad Science Staff

Marina Community Center-Small Room/Park, 151 Marina Dr.

Experience fun hands-on experiments in this week long lab. Meet Stegy, the stegosaurus and dig for dinosaurs, explore light and rainbows, play with the power of magnets and so much more. Parent participation not required. Must be potty trained. \$30 material fee due the first day of class.

327203-07	1 week	Mon-Fri	8/20-8/24	9:30am-12pm	3-5 yrs	\$110
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Zoom Academy

Zoom Academy is an educational organization that develops and provides enrichment programs for K-12 students. We have been providing quality enrichment programs for the past 6 years to cities and schools throughout Southern California.



Basic Game Design

Zoom Academy Staff
Marina Community Center-Small Room, 151 Marina Dr.

Design and build your own Windows-based video games. Emphasizing a creative and inventive process with a no-violence policy, participants will learn the basic mechanics of game design including object oriented programming. Participants will take home their own video game to share with family and friends. Students need to provide USB drive or purchase one from the instructor for \$10. Sign up for both morning and afternoon camps and Zoom Academy will provide lunch supervision.

323190-01	1 week	Mon-Fri	6/18-6/22	9am-12pm	9-14 yrs	\$190
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Web Design & Publishing

Zoom Academy Staff
Marina Community Center-Small Room, 151 Marina Dr.

Students learn how to make their own web page and publish it on the World Wide Web. Topics covered: WYS/WYG (what you see is what you get), video, photo gallery, favorite games on the website. HTML concepts; Primary tags; Hyperlinks; text formatting; colors, Backgrounds, and Fonts; Tables; Web publishing and more! Students need to provide USB drive or purchase one from the instructor for \$10. Sign up for both morning and afternoon camps and Zoom Academy will provide lunch supervision.

323190-02	1 week	Mon-Fri	6/18-6/22	1-4pm	9-14 yrs	\$170
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Digital Media 101

Zoom Academy Staff
Marina Community Center-Small Room, 151 Marina Dr.

We teach your kids how to produce professional looking presentations while exploring various multimedia outlets. Using Microsoft PowerPoint, Publisher and Windows Movie Maker, your kids will learn to edit photographs, videos and text while creating an imaginative, memorable, and inspired project. Participants need to provide a USB drive or purchase one from the instructor for \$10.

323190-03	1 week	Mon-Fri	6/25-6/29	1-4pm	9-14 yrs	\$160
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Math Zoom Club

Zoom Academy Staff
Marina Community Center-Small Room, 151 Marina Dr.

This club is to nurture and engage the student's interest in math and develop lifelong analytical, logical and critical thinking skills. Students explore the patterns and correlations between the numbers, develop better number sense and understand concepts better. Kids will show better confidence, problem solving, critical thinking abilities and more! Students will engage in fun math activities, along with exciting in-class math competitions!

323190-04	1 week	Mon-Fri	7/16-7/20	1-4pm	6-9 yrs	\$160
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Basic Computer Skills/Keyboarding

Zoom Academy Staff
Marina Community Center-Small Room, 151 Marina Dr.

Learn the skills of Microsoft Word, PowerPoint, Excel, and Computer Typing! This course will help students learn the basics of word processing, create presentations, learn to enter data in a spreadsheet, and develop basic typing skills. The classes are fun and engaging, with daily practices, tests, and games.

323190-05	1 week	Mon-Fri	8/20-8/24	1-4pm	6-9 yrs	\$120
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Incrediflix

All Flix will be professionally edited and a DVD will be mailed to every student. Production fee check (payable to Indrediflix) of \$30 is due on the first day of camp. Sign up for both morning and afternoon camps and Incrediflix will provide lunch supervision and discount one production fee! Check out Incrediflix.com for examples of each camp!

Acting for Flix

Incrediflix Staff
Marina Community Center-Small Room, 151 Marina Dr.

So you want to be on camera? Whether you're completely new at this, or want to improve your skills, this camp is designed to bring you to the next level. We have practice casting calls, we have training, and at the end you'll make your own commercial! We'll send it all to you on DVD, so you have it for your reel or just for practice.

327213-01	1 week	Mon-Fri	7/9-7/13	9am-12pm	7-13 yrs	\$157
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Filmmaking Flix

Incrediflix Staff
Marina Community Center-Small Room, 151 Marina Dr.

Are you the next star director? Actor? Writer? Cameraman? Of course you are, and you get to do it all in these live action flix! You'll work in groups to make your vision come true in these movies where you'll act, write, direct, and more.

327213-02	1 week	Mon-Fri	7/9-7/13	1-4pm	7-13 yrs	\$157
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Clay Flix

Incrediflix Staff
Marina Community Center-Small Room, 151 Marina Dr.

Claymation rocks! You'll make your own clay character and you'll bring this character to life in its own movie! Students will work in age appropriate groups to storyboard, write, film, and act out the voices of their characters in these stop-motion animated flix.

327213-03	1 week	Mon-Fri	7/23-7/27	9am-12pm	7-13 yrs	\$157
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Lego Flix

IncrediFlix Staff
Marina Community Center-Small Room
151 Marina Dr.

We know you love Legos and we know you can create incredible worlds. Now it's time to bring those worlds to life in Lego animated flix! We provide the Legos, and you provide your imagination. Students will create a Lego set with Lego characters for a movie they storyboard, write, shoot, and voice-over.

327213-04	1 week	Mon-Fri	7/23-7/27	1-4pm	7-13 yrs	\$157
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Long Beach Marine Institute Camps

Read all the details at LBMI website: www.longbeachmarineinst.com. Discount for 2nd sibling- \$182. There is a boat trip every Friday which includes a trawl and mud sampling.

Squirmy, Slimy & Spineless!

Long Beach Marine Institute Staff
\$192/\$728 per 4 week session
Boy Scout Sea Explorer Base
5875 Appian Way

Venture into the land of invertebrates, no backbone required! These amazing animals include more than 98% of all animal species! See first hand how an octopus changes color and texture to avoid predators while exploring local tidepools. Discover how sea urchins and sea anemones live in a constantly changing habitat, with dangers lurking around every corner! This week is filled with exciting crafts, activities and field trips to keep campers excited and engaged.

327223-01	1 week	Mon-Fri	6/25-6/29	9am-3pm	5-7 yrs	\$192
327223-02	1 week	Mon-Fri	6/25-6/29	9am-3pm	8-9 yrs	\$192
327223-03	1 week	Mon-Fri	6/25-6/29	9am-3pm	10-12 yrs	\$192
327223-04	1 week	Mon-Fri	7/30-8/3	9am-3pm	5-7 yrs	\$192
327223-05	1 week	Mon-Fri	7/30-8/3	9am-3pm	8-9 yrs	\$192
327223-06	1 week	Mon-Fri	7/30-8/3	9am-3pm	10-12 yrs	\$192

Whales Tales & Mammal Friends

Long Beach Marine Institute Staff
\$192/\$728 per 4 week session
Boy Scout Sea Explorer Base
5875 Appian Way

Journey with a gray whale as it travels 10,000 miles along the coast! This week will focus on some of the most magnificent animals that live in our oceans: marine mammals and marine plankton. Campers will learn all about plankton, whales, dolphins, seals and sea lions. In each session, campers will get a hands-on look at marine invertebrates collected on our excursion aboard the R/V CONQUEROR or CHALLENGER. We will also be on the lookout for local marine mammals that may be hanging out in the Long Beach Harbor.

327222-01	1 week	Mon-Fri	7/9-7/13	9am-3pm	5-7 yrs	\$192
327222-02	1 week	Mon-Fri	7/9-7/13	9am-3pm	8-9 yrs	\$192
327222-03	1 week	Mon-Fri	7/9-7/13	9am-3pm	10-12 yrs	\$192
327222-04	1 week	Mon-Fri	8/6-8/10	9am-3pm	5-7 yrs	\$192
327222-05	1 week	Mon-Fri	8/6-8/10	9am-3pm	8-9 yrs	\$192
327222-06	1 week	Mon-Fri	8/6-8/10	9am-3pm	10-12 yrs	\$192

Mysteries of the Deep

Long Beach Marine Institute Staff
\$165/\$728 per 4 week session
Boy Scout Sea Explorer Base
5875 Appian Way

Ever wonder what lives in the darkest depths of the sea? Campers will explore the mysteries of the deep and discover the secrets of the ocean! They will learn about the amazing adaptations and abilities of the strange creatures that live in this unfamiliar habitat. Campers will partake in hands-on activities and experiments to demonstrate the harshness of this environment. California Science Center Field Trip. No Class 7/4

327221-01	4 days	Mon-Fri	7/2-7/6	9am-3pm	5-7 yrs	\$165
327221-02	4 days	Mon-Fri	7/2-7/6	9am-3pm	8-9 yrs	\$165
327221-03	4 days	Mon-Fri	7/2-7/6	9am-3pm	10-12 yrs	\$165

Liquid Jungles of the Sea

Long Beach Marine Institute Staff
\$192/\$728 per 4 week session
Boy Scout Sea Explorer Base
5875 Appian Way

Travel through the amazing liquid jungles found just below the surface of our oceans! The world of fish and their habitats is vast and diverse. This week will cover many different ocean environments such as kelp forests and coral reefs, and illustrate why each habitat is unique not only in structure but in resources for inhabitant survival as well. Campers will learn about the fastest growing forest in the world and realize that coral reefs are complex aggressive predators. Most of all, the campers will understand how important these habitats really are, not only to the ocean but to humans as well.

327224-01	1 week	Mon-Fri	7/18-7/22	9am-3pm	5-7 yrs	\$192
327224-02	1 week	Mon-Fri	7/18-7/22	9am-3pm	8-9 yrs	\$192
327224-03	1 week	Mon-Fri	7/18-7/22	9am-3pm	10-12 yrs	\$192
327224-04	1 week	Mon-Fri	7/23-7/27	9am-3pm	5-7 yrs	\$192
327224-05	1 week	Mon-Fri	7/23-7/27	9am-3pm	8-9 yrs	\$192
327224-06	1 week	Mon-Fri	7/23-7/27	9am-3pm	10-12 yrs	\$192

Shark Days

Long Beach Marine Institute Staff
\$192/\$728 per 4 week session
Boy Scout Sea Explorer Base
5875 Appian Way

Come explore the extraordinary world of sharks and their relatives the "bony fish"! Did you know that a shark is a special type of fish? During this week, campers will learn what makes a shark unique and dispel some of the myths that have given sharks such a bad reputation. Campers will also discover the many incredible adaptations that fish have to help them survive in their ocean habitats. Day campers will participate in ocean themed crafts and activities to help them better understand the concepts being taught.

327220-01	1 week	Mon-Fri	7/16-7/20	9am-3pm	5-7 yrs	\$192
327220-02	1 week	Mon-Fri	7/16-7/20	9am-3pm	8-9 yrs	\$192
327220-03	1 week	Mon-Fri	7/16-7/20	9am-3pm	10-12 yrs	\$192
327220-04	1 week	Mon-Fri	8/13-8/17	9am-3pm	5-7 yrs	\$192
327220-05	1 week	Mon-Fri	8/13-8/17	9am-3pm	8-9 yrs	\$192
327220-06	1 week	Mon-Fri	8/13-8/17	9am-3pm	10-12 yrs	\$192

Recreation Scholarship Program

See Page 17 for more details

Be More Healthy Expo

See Pages 8 & 21 for more details

Senior Lunch Program

Seal Beach Community Services, in cooperation with Community Senior Serv, offers a hot, nutritious meal Monday through Friday at the North Seal Beach Center, located at 3333 Saint Cloud Drive. Besides maintaining the physical health of active older adults, the Lunch Program also works to enrich the emotional/physiological health of seniors by sponsoring a wide range of speakers, dances, games, health forums, and other social and educational activities. The senior lunch program is open to all older adults age 60+. The suggested donation for lunch is \$2.50. Any donation, no matter how large or small, is always greatly appreciated and accepted although no individual will be turned away due to inability to donate. Guests under 60 can enjoy lunch for a fee of \$3.50. The Center is open Monday through Friday, 9 a.m.-1 p.m. Lunch is served at 11:30 a.m. Seniors should check in by 11 a.m. at the front desk. For more information, please call (562) 430-6079. If you need transportation to the senior lunch program, arrangements may be made with the City's Dial-A-Ride transportation company. This shuttle service is available to and from the North Seal Beach Senior Lunch Program site which is located in the Rossmoor Shopping Center. **Community Senior Serve Holiday Closures: 2/20, 5/28, 7/4, 9/3, 11/22, 11/23, 12/24, & 12/25.**



Home Delivered Meals

For homebound individuals 60+ years of age who are unable to shop/and or prepare meals for themselves, Community Senior Serv delivers three meals directly to their homes – a cold lunch, a frozen dinner, and breakfast items. These meals, which provide 100 percent of the U.S. Nutritional Recommended Dietary Allowance, are available five days per week. Suggested donation is \$4.50/day. For more information, call (714) 220-0224.

Friendly Companions Referral Assistance

This referral service directs persons 60+ to the appropriate agencies for specific needs. Call the Orange County Senior Information and Referral Line at (714) 567-7500 if you need assistance. This program is designed to provide seniors access to the many agencies and human service programs available that can assist with problems, legal information, nutrition programs and more.

Health Insurance Counseling and Advocacy Program (HICAP)

Trained counselors are available to assist seniors with Medicare rights and protections. They can help with HMO appeals, with information regarding Medi-Gap Plans and/or Long Term Care information. No fee. For more information, call 714-560-0424.

Senior Pinochle Club

Senior Center, 707 Electric Ave.

Drop in – Tuesday 9 a.m. - 3p.m. No Fee! Persons 50 years of age and older are invited. The club provides opportunities to meet new friends, develop new interests and socialization.

Senior Dial-A-Ride Program in Seal Beach

The Dial-A-Ride component of the program has traditionally offered to deliver a senior resident to any location within City limits and 3 miles outside of City limits for medical visits. Dial-A-Ride service is available Monday through Friday from 8 a.m. to 5 p.m., and can be utilized by calling (562) 439-3699 at least 24 hours in advance to schedule date, time, and location. The service can be made for any reason such as doctor's appointments, retail/grocery shopping (within City of Seal Beach), and dining excursions (within City of Seal Beach).

Drivers Needed to Deliver Meals

Help us bring smiles to the faces of older adults living in your community. We are in need of volunteer drivers to deliver meals to homebound elders in Seal Beach who are unable to cook and/or shop for themselves. Drivers are needed for one hour a day, Monday thru Friday between 10am and 1pm. On-call backup drivers are also needed in the event that a regularly scheduled driver is unable to deliver. To volunteer, call (714) 220-0224.

In Home Case Management

For older adults who are facing multiple problems, which they cannot resolve on their own, Community Senior Serv Case Managers are available to help them evaluate and find acceptable solutions to their individual needs. Referrals may be made by any concerned individual, physician, Social Service Worker, family member, neighbor, or the senior themselves, Monday through Friday, from 8am-5pm. For more information, call (714) 220-0224.



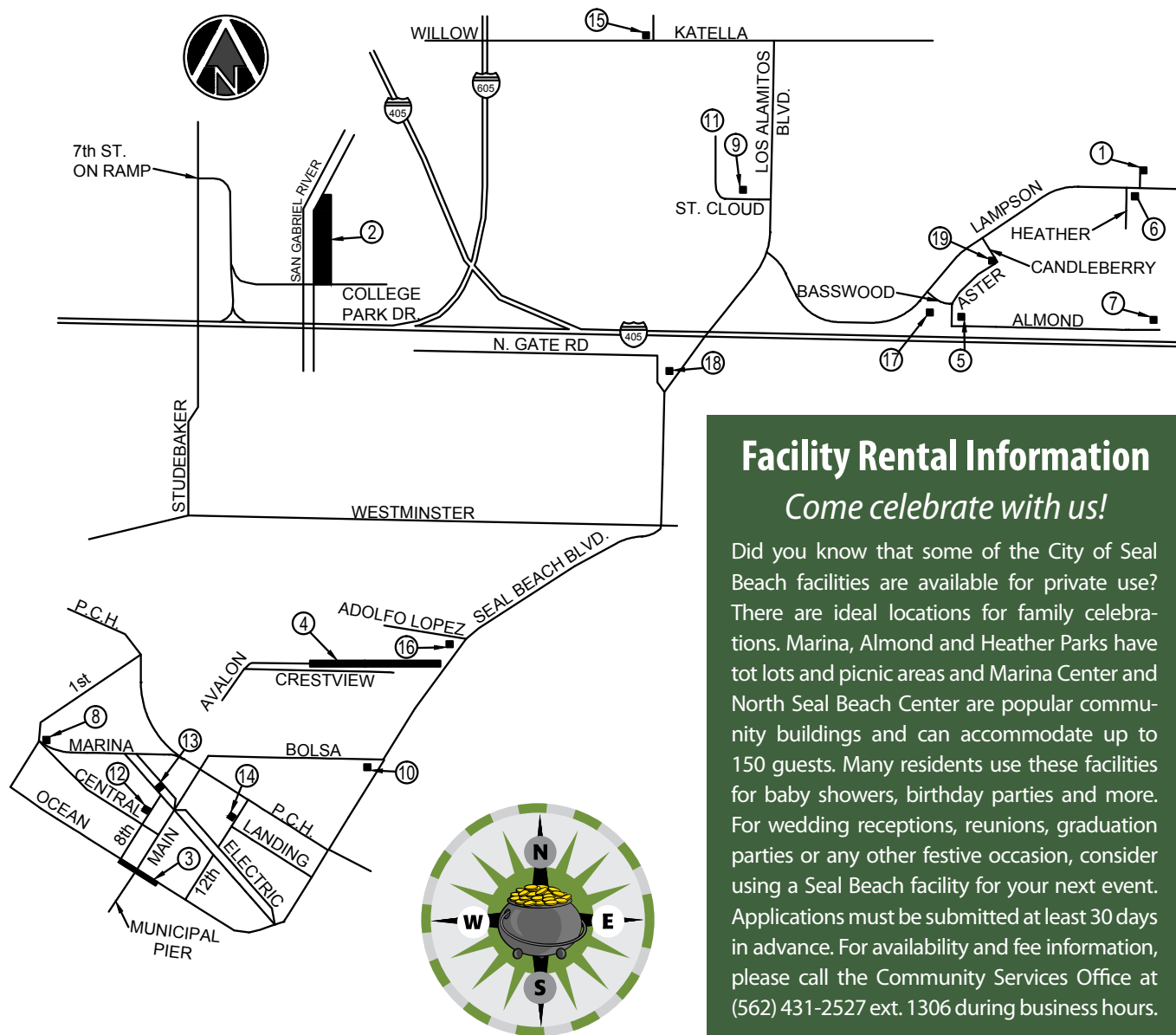
Free Tax Assistance

Through April 9

Monday Mornings Only!

Fire Station #48, Community Room, N. Gate Road.

Free assistance for taxpayers with low- and middle-income, with special attention to those 60 and older in preparing State and Federal Income Tax returns. Appointments will be taken on a first-come, first-served basis. You will meet your tax counselor at Fire Station #48 Community Room. Call (562) 431-2527 x1307 for your free appointment and paperwork today! Need transportation? Call (562) 439-3699 for free Dial-A-Ride service information.



Facility Rental Information

Come celebrate with us!

Did you know that some of the City of Seal Beach facilities are available for private use? There are ideal locations for family celebrations. Marina, Almond and Heather Parks have tot lots and picnic areas and Marina Center and North Seal Beach Center are popular community buildings and can accommodate up to 150 guests. Many residents use these facilities for baby showers, birthday parties and more. For wedding receptions, reunions, graduation parties or any other festive occasion, consider using a Seal Beach facility for your next event. Applications must be submitted at least 30 days in advance. For availability and fee information, please call the Community Services Office at (562) 431-2527 ext. 1306 during business hours.

1 ARBOR PARK (DOG PARK)

4665 Lampson, behind WestEd Facility
College Park East Off Lampson 100 ft. East of Heather St.
Soccer and Baseball Fields, RR

2 EDISON PARK & GARDENS

99 College Dr, in College Park West
Tot Lot, Basketball Court, Sand Volleyball, Softball Diamond, Public Gardens, PP

3 EISENHOWER PARK

Ocean Ave & Main St, in Old Town Greenbelt adjacent to the Pier

4 GUM GROVE NATURE PARK

On the Hill Corner of Crestview & Avalon Drive
Urban Forest of Eucalyptus Trees, Passive Hiking Trail, PP

5 (BB) BLUEBELL PARK

Almond Ave & Bluebell St., in College Park East
Basketball Court, Play Field & Tot Lot (Lights)

6 (HP) HEATHER PARK

Heather St. & Lampson, in College Park East
Tennis Courts (Lights), Play Field, Tot Lot, PP

7 ALMOND PARK

4600 Almond Avenue. Tot Lot, Play Field, Basketball Courts

8 MARINA CENTER & PARK

151 Marina Dr, at 1st St. in Old Town
Community Center, Tot Lot, Tennis Courts (Lights), Basketball Court (Lights),
Racquetball Courts (Lights), RR, PP

9 NORTH SEAL BEACH CENTER (NSBC)

3333 St. Cloud Dr.
Community Center, Daily Senior Meals, RR

10 MCGAUGH GYMNASIUM,

POOL, TENNIS COURTS & FIELDS

1698 Bolsa Ave. at Seal Beach Blvd, On the Hill.
Pool Office Phone: 430-9612
Public Pool, Gym, Tennis Courts, Play Fields, RR

11 ROSSMOOR/LOS ALAMITOS LIBRARY

12 CITY HALL & RECREATION OFFICE

211 8th St., 2nd floor in Old Town

13 SENIOR CENTER AT MARY WILSON LIBRARY

707 Electric Ave in Old Town, Senior Center Facility, Greenbelt, RR

14 ZOETER SOFTBALL FACILITY

12th Street & Landing Avenue, Premier Softball Diamond (Lights), RR

15 LOS ALAMITOS COMMUNITY CENTER

10911 Oak St., Los Alamitos (Oak & Katella)
430-1073, Co-Sponsor for Programs

16 SEAL BEACH POLICE

Seal Beach Blvd, at Adolfo Lopez Drive. (562) 799-4100

17 SEAL BEACH TENNIS CENTER

Tennis Facility Located in Seal Beach on Lampson, just east of Seal Beach Blvd.

18 FIRE STATION #48

Community Room, located at 3131 N. Gate Road

19 ASTER PARK

Aster St. & Candleberry, in College Park East

3 easy ways to REGISTER TODAY

1 MAIL IN

Select the class or classes you are interested in and complete the registration form. Please sign the consent section at the bottom. Mail the completed registration form with a check or money order (do not send cash) made payable to the City of Seal Beach, or your MasterCard or Visa number to:

City of Seal Beach
ATTN: Finance Department
211 8th Street
Seal Beach, CA 90740

If you would like to receive a confirmation receipt, please supply a self-addressed, stamped envelope with your registration or request that one be sent to your e-mail address.

**Registration Begins
February 21**

2 FAX

Call (562) 430-3498

You may register by fax with your Visa or MasterCard. Fax us 24 hours a day at (562) 430-3498. Please have all your information printed in ink on the form. Credit Card registration must be for amounts in excess of \$20.

3 WALK IN

Open Monday - Friday

Registration can also be made in person at Seal Beach City Hall from 8 am to 5 pm Monday-Friday. Closed from 12-1pm daily.

ON-SITE

On-site registration will NOT be accepted at the class.

Refund Policy

► Applications for refunds will be granted only if requested prior to the second class meeting and may be made in person, over the telephone, or by writing us.

► Refund checks will be mailed within three weeks following the request.

► If the Department cancels a class, an automatic refund will be processed at no cost to the registrant.

► A \$25 Service Charge for any check returned unpaid may be assessed (closed account, NSF funds)

► A \$10 Service Charge for any requested REFUND.

Access & Inclusion

In compliance with the Americans with Disabilities Act (ADA), the City of Seal Beach Community Services Department prohibits discrimination on the basis of race, color, national origin, age and disability in all of its programs. All are welcome to register and we encourage your participation. If you have special needs, please contact the Community Services Office at (562) 431-2527, ext.1307.

Community Services Department

City of Seal Beach

211 8th Street
Seal Beach, CA 90740
Office (562) 431-2527 ext. 1307
Fax (562) 430-3498

Office Hours

Monday - Friday; 8 am - 5 pm
(closed daily 12-1 pm for lunch)

For Your Information: We share instructors and co-sponsor activities and classes to better serve YOU, our most important customer!

CONTENT: We make every effort to ensure the information in the Guide is accurate & up-to-date. We regret that occasional errors occur & we retain the right to amend information & fees.

Please register early to avoid class cancellations.

Submit Your Photos

Have you or your children participated in one of our classes and have high resolution digital photographs that you would like to submit for publication in the Seal Beach Shoreline? If so, you can email them to Dana at dkukuruda@sealbeachca.gov.

Please include:

- Your name, address, and telephone number
- Names of those in the photographs and what activity is featured

The statement "I hereby irrevocably consent to and authorize the use and reproduction by the City of Seal Beach or anyone authorized by the City of Seal Beach of any and all photographs. These photographs may be used for any purpose whatsoever, without compensation."

Thank You!



211 8th Street, Seal Beach, Ca 90740
Community Services Office (562) 431-2527 Ext. 1307 • Office Fax (562) 430-3498

ADULT NAME: _____
LAST NAME FIRST NAME

E-MAIL: _____

ADDRESS: STREET _____ CITY _____ STATE _____ ZIP _____

PHONE: HOME # _____ WORK# _____ MOBILE # _____

EMERGENCY CONTACT: _____ PHONE # _____

Drivers License #: _____ EXP DATE: _____

PARTICIPANT FIRST NAME	LAST NAME	BIRTH DATE	CLASS #	CLASS TITLE	START DATE	FEE \$	Office Use Only ACCOUNT #
					TOTAL	\$	

DATED: _____ SIGNATURE: _____
(PARTICIPANT/PARENT OR GUARDIAN)

SIGNATURE TOTAL CHARGED TO ACCT: \$

City of Seal Beach
CITY HALL
211 8th Street
Seal Beach, CA 90740

POSTAL CUSTOMER
Seal Beach, CA 90740

PRSRT STD
U. S. Postage
PAID
Long Beach, CA
PERMIT #70001

38th Annual **RUN** **SEAL BEACH**

Saturday, April 21, 2012
5K, 10K and Kids 1K Fun Run

RACE TIMES:

7:30 AM - Kids 1K Fun Run

8:00 AM - 5K/10K Run

8:05 AM - 5K Walk

RACE FEATURES:

- **Registration limited to first 5,500**
- Electronic timing chips
- Supervision for kids 1K Fun Run and Fun Zone
- All registered participants will receive a T-shirt - exact sizes not guaranteed
- Expo at finish area
- Water and fruit for participants at finish line
- May run or walk with baby jogger or dog on leash

For more information or to register, visit
www.RunSealBeach.com

Race Registration & Packet Pickup:

- Registration forms available at the Community Services Department located at 211 8th Street, register online at www.RunSealBeach.com or www.active.com
- Friday, April 20th - 3:00pm-8:00pm
- Saturday, April 21st, Packet Pickup Only - 6:30am-7:45am
Marina Community Center, 151 Marina Dr., Seal Beach (corner of Marina Drive and First Street)

NO RACE DAY REGISTRATION

Group Registration Rules:

- Must be mailed by April 1, 2012
- Group registration applies to groups of 10 or more only.
- Groups must pre-register. No late or same day registration will be taken.
- Each participant must complete and sign a registration form and waiver.
- Signed forms and payment for entire group must be submitted at one time.
- All numbers & shirts must be picked up by one group member at one time only. No split sets.
- Team captain must send payments for all entries at one time - mail-in only.

Awards- 5K Walk & 5/10K Runs

Awards to the top 3 finishers in each age division (walkers and runners). Special run awards for overall run champions- Male and Female. First place Seal Beach male and female resident runners to receive special awards. Ribbons to all kids 1K Fun-Run participants. Must be present to claim award. Awards will not be mailed after event.

Age Divisions:

10 & under, 11-12, 13-14, 15-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

Note:

Timing results for the 5K & 10K Walk/ Runs will be based on "chip times" (not gun times). Chip times start when you actually cross the start mat and end when you cross the finish mat. The 10K Run has a time limit of 1 hour and 45 minutes. The course will be cleared at that time by officials.

LIMITED REGISTRATION - Register Now!

Proceeds from this Event:

Proceeds from the race go to benefit recreation programs, services, and facilities in the Greater Seal Beach area. Funds are administered via a grant process to local organizations who meet the criteria. See our website for full qualification details and information at www.RunSealBeach.com.

